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Pan Ling Ling on surviving breast cancer
"I'm proud to be a fighter"



P.26 WORK BAGS TO LUST AFTER



P.86 DELICIOUS MUFFIN-TIN RECIPES



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Delle Chan

FEATURES WRITER



"I can't look into mirrors at night - the result of reading one too many local horror storybooks. Switching on the bathroom light helps, just a little."

Mia Chenyze

CONSUMER AND LIFESTYLE WRITER

"I used to be afraid of dogs, as I grew up in a kampung and was bitten a few times. But as I got to know tame family pets, I got over my fear, and even grew to love dogs."

Nikki Ho

SENIOR DESIGNER



"Backbends in yoga, as I suffer from lower back pain. But I've realised I need to be patient with my body and not be afraid."

Cheryl Leong

CONSUMER AND LIFESTYLE WRITER

"My fear of the children's ward in hospitals. When my daughter was admitted to KKH, I found the ward decked out in cheery curtains, and it didn't smell clinical."

Lim Tsiao Hui
DEPUTY EDITOR





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20



COVER READS

- Take a digital vacation..... 70
- Get the life you want..... 52
- Cool workshops to fire up your creativity..... 68
- The right foundation for every skin type..... 30
- Fertility myths debunked..... 64
- Pan Ling Ling..... 44



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42



40

REGULARS

- 14 **HELLO!**
- 16 **YOUR SAY** Readers' letters.
- 18 **GET LIST** Things we love this month that you should own.

FASHION

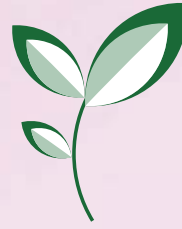
- 20 **WORKSHOP** Pull off the three hottest styles now – they're totally wearable.
- 26 **BUY IT NOW** Lust-worthy work bags.
- 27 **BUY IT NOW** Gold accessories.
- 28 **BUY IT NOW** Go neutral.

BEAUTY

- 30 **WORKSHOP** The best foundation for your skin type.
- 38 **GET HEALTHY, GET SVELTE** An East-meets-West slimming treatment reviewed.
- 40 **WEAR RED, EVERY DAY** A mistake-proof way to apply red lipstick.
- 42 **READER REVIEW** Three couples test unisex perfumes.

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OCTOBER 2015 SimplyHer



44



68

LIFE MADE EASY

57 **IN THE SPOTLIGHT**

Kareen Lai, founder and head coach of Mums in Sync.

58 NUTRITION Prep, cooking and storage tips to help you get the most out of your food.

62 HEALTH The definite don'ts of wearing contact lenses.

64 SEX Debunked – the myths about fertility and getting pregnant.

68 SELF New hobbies and workshops to help you get creative.

70 TRAVEL Get off the grid and go for a digital-detox retreat.

FEATURES

44 IN THE PINK Actress Pan Ling Ling talks about her fight against breast cancer.

48 LEAN ON ME Husbands of breast cancer survivors share how they supported their wives.

52 GET THE LIFE YOU WANT The eight habits of truly contented people.



81

64



SMART SHOPPER

74 ROAD TEST An ergonomic mouse.

75 ROAD TEST An induction pressure rice cooker.

76 ROAD TEST Escape room games.

80 ROAD TEST Canister vacuum cleaners.

81 ROAD TEST Utility knives.

82 TAKING THE WHEEL How to choose the best family car for your needs.

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181 ORCHARD CENTRAL #04-13
PACIFIC PLAZA #03-03
FAR EAST PLAZA #02-26
RAFFLES HOTEL #03-03/04
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OCTOBER 2015 SimplyHer



FOOD

- 86 RECIPES** You can make more than just cupcakes in your muffin tin.
- 94 ONE DISH WONDER** Beef brisket noodles.
- 96 CHEAT FEED** Korean seafood pancake.
- 98 FROM THE OVEN** Gluten-free almond tart.
- 100 TASTE TEST** Pasta sauces.
- 102 COOK'S DAY OUT** Indulgent weekend high teas.

HOME

- 106 BE A LAUNDRY DIVA** The best ways to do your laundry better.
- 112 HOUSEBOOK** Stylish lamps for your home.



KIDS

- 114 TOP SHOPS** New stores to buy everything from toys to clothes for Junior.
- 118 6 AWESOME DE-STRESSING ACTIVITIES** Give your kids a little pre-exam downtime.

100

BOOKENDS

- 120 STOCKISTS** Where to buy what's on our pages.
- 126 YOUR STARS** Your horoscope forecast for October.
- 128 ONE LAST BITE** Matcha lava cake.



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hello!

This month, I took a good, hard look at my life and asked: "Am I contented?" It was an exercise in self-introspection I hadn't done in a while, and after weeks of thinking about it, I can confidently say I am.

It wasn't an easy conclusion to come to. Contentment is such a mixed bag of things – happiness, peace of mind, acceptance and satisfaction, to name a few. It can be defined in the widest or narrowest of terms. And it is as simple or complicated as you wish. It's hard to say I've got it all covered.

And yet, that's exactly what contentment is about. That despite all the imperfections in your life, you can still say: "Life is good enough."

I thought deeply about what "good enough" means to me – and discovered that I am most contented with simple but meaningful experiences, like when I have a funny yet thought-provoking conversation with Francis, my four-year-old son.

He is keenly interested in marriage at the moment, and told me one night: "Let's get married." (He definitely needs help with his proposals!) I told him I was already married, and couldn't marry him.

Then, I asked him what it means to be married. He said seriously: "It means you love each other." What does it mean to love each other? "You share hugs and kisses, and play a lot," he smiled.

The conversation took less than a minute, and while I wish I had more time to have more illuminating chats with my son, it was good enough that I had this one. That night, I fell asleep with a smile on my face.

Good enough also means that while I can't be with my eight-month-old son, Anthony, in the day, I'll



Things I'm loving this month

Here's a stylish way to keep my kitchen counter clutter-free. Pg 18



I'm ditching my usual black work bag for this printed beauty. Pg 26

take every small pocket of time I can get with him. When he wakes up in the middle of the night and can't go back to sleep, I readily gather him into my arms and settle into my nursing chair.

In the stillness of the night, we enjoy each other's company. I speak to him quietly while nursing him, and hold him close until he falls asleep, storing up these precious moments and knowing that all too soon, he'll be all grown up.

Turn to page 52 to read our story on how to find contentment, by doing the eight things that contented people do every day – I hope it helps you get the life you want.

Another biggie this October is breast cancer awareness. This year, we interviewed the husbands of breast cancer survivors, who shared their anguish when their other halves were diagnosed with the disease, and how they supported them through their recovery. Read their stories on page 48, as well as celebrity couple, actors Pan Ling Ling and Huang Shinan's (pg 44).

Don't miss these other stories: Resorts you can go to for a digital detox – no Facebook, Wi-Fi or mobile phones allowed (pg 70). Make the most out of your muffin tin and bake more than just cupcakes in it (pg 86). Get flawless with the right foundation for your skin type – we tell you how to find it (pg 30). And, give your kids a little pre-exam downtime with our list of de-stress activities (pg 118). Enjoy!



Penelope

PENELOPE CHAN, EDITOR

PS. Thanks for all your lovely letters. E-mail us at magsimplyher@sph.com.sg or write to us at 82 Genting Lane, Media Centre Level 7, S(349567), and keep sending in your wonderful ideas.

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Can't wait to try this foundation – so I can look flawless. Pg 30

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Star Letter EATING SMART

As a true-blue foodie, I was heartened to read the article *Food Myths Busted* in your August issue. I heaved a sigh of relief when I learnt that eggs and butter – two of my favourite foods – do not deserve their bad rep.

From fashion to skincare and health, kudos to *Simply Her* for always giving me my monthly fix of informative and entertaining reads. Now, bring on the eggs benedict!

Nora Seah

Congratulations, Nora! We'll be contacting you soon about how to claim your prize.



LOVE IN THE AIR

It was a delight to find a copy of *Simply Her* on the plane, on my flight back home to Singapore. The best part was reading the story *This is Home, Truly* (August). The many things that readers shared made my heart swell with pride and nostalgia.

Other than that heart-warming feature, *10 Bad Skin Habits to Break Now* was a good wake-up call for me. I've been complacent in my beauty regime and it's now time to pay attention to my skin.

Thank you for working hard to continuously inspire, motivate and guide your readers. Keep shining!

Nicole Chia



SAFELY SUN-KISSED

I took along the August issue on my recent trip to Bali and was I glad I did! Your sun-care story *Shields, Up!* covered all the need-to-knows about the latest cutting-edge technology in sunscreens. It was also a reminder for me to apply enough sun protection so I don't fall victim to UV damage.

Thanks, *Simply Her*!

Cheryl Goh

Oops!

In our story *Your Home TCM Cabinet* (August 2015), the pictures of our experts Lim Xiang Jun and Ng Li Ying were switched by mistake.

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Your Say, *Simply Her*, 82 Genting Lane, Level 7 Media Centre, S(349567); e-mail magsimplyher@sph.com.sg or fax 6319-6345. Include your full name, NRIC number and contact number.



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Get List

We think these things
are great and you
should have them.

1 **Happiest Hour**
Bar 10 der, \$52.90,
from Tott

This compact, portable 10-in-1 bartending tool will help you whip up your favourite martini, margarita or mojito. It comes with an in-built muddler, stirrer, knife, reamer, corkscrew, jigger, bottle opener, strainer, zester and channel knife.





2 Sphere of Influence

Wesco Superball, \$139, from major department stores

Keep clutter in check on your kitchen countertop, work desk, or in your kid's room, with this striking steel ball with a retractable lid.



3 Refreshing Note

Marc Jacobs Mod Noir Eau de Parfum, \$158 (50ml), from Sephora and Marc Jacobs boutiques

Dewy greens, florals and musk form an invigorating scent – perfect for hot, humid weekends when you're out and about.

4 Treasure Trove

Recipes Organiser, \$49.90, from Kikki.k

Don't lose all the great recipes you find in *Simply Her!* Whether for meat or seafood, mains or desserts, file them away neatly in this nifty organiser. There's even a handy meal planner.

5 Tap Away

Foreo Iris Illuminating Eye Massager in Mint (also available in Magenta and Petal Pink), \$139, from Sephora
The waterproof gadget massages the delicate eye area with gentle tapping motions to boost oxygen and blood flow, firming up skin and reducing the look of dark circles.

6 Fair and Square

Artwalk Cuir Crossbody Bag in Powder (also available in Cobalt, Opera and Blackcurrant), \$705, from Longchamp

We adore the playful mix of colours and textures on this cross-body bag, which is roomy enough to stow your essentials when you travel.

7 Shoe Shine

Oxford Lace-ups, \$76, from Pedro

It just takes a touch of elegance to complete any outfit. We love that these shoes look so chic too.

8 The Perfect Cuppa

Magisso Teacup, \$28.90, from Red Dot Design Museum Shop

How to make the perfect cuppa: Tilt the cup to steep the tea leaves, then tilt it the other way to stop the brewing. Ingenious, we say!

With an in-built sieve, there is no need to bag loose tea leaves before steeping them in this teacup.



FROM RUNWAY TO EVERY DAY

How to pull off the three hottest styles now.
They're totally wearable, we promise.

BY ANGELA CHU

ECLECTIC PRINTS

LOOK 1

Be bold and wear prints from head to toe. Pick a tailored outfit so your look won't be too busy.



- Metal rings with beads, \$16.90 (part of a set of three), from Miss Selfridge
- Metal rings with stones, \$23.90 (set of three), from Topshop

- Avelon polyester-blend dress, \$655, from Manifesto
- Metal choker, \$27, from Forever 21
- Leather boots (price unavailable) from Mulberry
- Leather wallet with linked cuff, \$49.90, from Charles & Keith

LOOK 2

Go whimsical – cute prints like this pasta top can be wearable too.



- 10X10 Anitalian Theory polyester-blend shirt, \$280, from Occasional Glimpses of Beauty
- Wool-blend pants with belt, \$59.90, from Zara
- Leather bag (price unavailable) from Kate Spade



♦ Wool-blend top and polyester-blend skirt (prices unavailable) from Issey Miyake
 ♦ Diana crystal bracelet, \$255, and Impulse pierced crystal earrings, \$210, from Swarovski
 ♦ Leather heels, \$429, from Marella

LOOK 3

Don't be intimidated by prints. If you don't want a look that's too loud, pick either a printed top or bottom, and keep the other piece in the same colour tone.

TRY THESE



Polyester-blend dress, \$489, from iBlues



Printed leather top, \$199, from iBlues



Polyester-blend velvet top, \$49.90, from Zara



Cotton-blend skirt, \$49.90, from H&M

tip

Try wearing two different prints in an outfit – keep them to the same colour group and you won't go wrong.

BLACK ROMANCE

LOOK 1

An all-black outfit can look too severe. Break it up with sheer fabric or mesh, which is also sexy.



- Black Halo polyester-blend jumpsuit, \$595, and metal necklace, \$58, both from Eclecticism + Lauren Jasmine
- Leather heels, \$429, from Marella
- Leather bag (price unavailable) from Mulberry



- Black Halo polyester-blend dress, \$599, from Eclecticism + Lauren Jasmine
- Metal cuff, \$13, from Forever 21
- Dixie crystal ring, \$430, from Swarovski

LOOK 2

Playing with texture makes a black outfit interesting. Think pleats or pieces with mixed materials, such as leather or tassels.

LOOK 3

A chunky embellished necklace or statement purse draws attention away from all that black.



- Polyester-blend dress, \$159, and leather shoes, \$99.90, both from H&M
- PU bag (price unavailable) from Bao Bao Issey Miyake



- Droplet crystal ear cuff, \$210, from Swarovski

TRY THESE



Cotton-blend top, \$49.90, from Bershka



Polyester-blend dress, \$109, from Zara



Polyester dress, \$69.90, from Bershka



Cotton-blend skirt, \$59.90, from H&M

tip

Cut-outs help break up a black outfit, with the added benefit of being more breathable in the heat.

BOHEMIAN CHIC

LOOK 1

Tassles are a boho signature but avoid picking those made of cotton – they're much too hippy. Leather is more chic.



- Cotton-blend top, \$489, leather skirt, \$459, and cotton-blend jacket, \$619, from BCBG Max Azria
- Metal necklace with feather embellishments, \$33.90, from Topshop
- Leather boots, \$85.90, from Charles & Keith



- Wool knitted poncho, \$625, and cotton shirt (price unavailable), both from Bimba Y Lola
- Metal and wood cuffs, \$10 (set of six), from Forever 21
- Michael Michael Kors leather boots (price unavailable) from Michael Kors

LOOK 2

Mix geometric prints with neutral tones, and spice up the look with leather boots.

LOOK 3

Instead of the usual gladiator sandals, strappy stilettos are more feminine and you'll still rock the boho-chic vibe.

TRY THESE

- Cotton-blend top, \$59.90, and polyester-blend skirt, \$79.90, from Topshop
- Metal necklace, \$160, from Bimba Y Lola
- Ditty long metal necklace with crystal pendant, \$430, from Swarovski
- Metal cuff, \$10, and metal and wood cuffs, \$10 (set of six), both from Forever 21
- Leather strappy stilettos, \$85.90, from Charles & Keith



Leather top, \$55.90, from Zara



Leather bag, \$189, from Zara



PU leather skirt, \$49.90, from Bershka



Leather heels, \$99.90, from New Look

tip

Instead of prints, opt for tailored pieces that have fringe details.

- Leather clutch, \$59.90, from New Look

BOLD AND BEAUTIFUL

Do you really need another carryall for work? Of course you do – especially if they're this lust-worthy. BY ANGELA CHU



Sara Battaglia leather bag (price unavailable) from On Pedder



Bionic printed leather tote, \$1,210, from MCM



Leather bag (price unavailable) from Aigner



Milla Mini leather bag, \$3,340, from MCM



Canvas and leather bag, \$250, from Longchamp



Amie leather bag, \$3,670, from Jimmy Choo



Printed leather bag (price unavailable) from Carven

TIP
Carry a colourful bag with a printed outfit by keeping to the same colour group.

All that Glitters

Up the elegance of an all-black outfit with gold accessories. BY ANGELA CHU



A statement necklace in gold can spice up the most casual outfit.
Grin Chin Chin platinum and rhodium necklace, \$630



Emphasise your waist with a belt.
Karen Walker metal chain belt, \$66



This chain bracelet is edgy, without being over the top.
Au Revoir Les Filles Bidy Bye gold-plated brass bracelet, \$200



A statement necklace that goes equally well with strapless, off-the-shoulder, scoop-neck or V-necked dresses.
Au Revoir Les Filles Barbes gold-plated choker with clear quartz crystal, \$640



A pair of gold-tone heels goes with all your outfits – whether it's a dress or jeans.
Up The Front Metallic Peep-toe faux leather heels, \$102



Wear just one on its own or stack up to six on one arm.
Protesta N07 rose gold-plated recycled aluminium cuff, \$88

These items are from She Shops. Scan here and start shopping!



Lighten Up

Neutral tones look good on almost anyone.
ANGELA CHU has tips and tricks for making them work.

Romantic and feminine, wear it when you need to make a good impression.
Yazmin polyester dress, \$77



A must-have for those no-idea-what-to-wear days.
Anahi tassel skirt, \$60



Perfect for work, best worn tucked into a flare skirt.
Toscana cotton-blend blouse, \$63

The mesh panel will keep you slightly cooler in the heat, but make sure your bra colour matches the blouse.
Rosa polyester blouse, \$74



To make a neutral-toned dress work, doll up with metallic accessories and coloured heels.
Jaqueline cotton dress, \$75



A pretty blush tone works well on weekends.
Angeline cotton-blend dress, \$74

Comfortable and lightweight, pair it with comfy sneakers or ballet flats.
Yadira polyester dress, \$135



These items are from Cool-find K-style. Scan here and start shopping!



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Placenta
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Placenta C Jelly 31 Strips

Skin Beauty Enhancement : Moisturisation & Fairness (Tasty Mango Flavor)

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ONE MONTH SUPPLY

**Nourish your skin for
a youthful & healthy complexion**

Skin Beauty Enhancement : Elasticity & Radiance (Tasty Acai & Berry Flavor)

Consumption of Collagen C Jelly allows a faster absorption into the body. It promotes anti-aging and enhances the skin elasticity & radiance. Collagen is indispensable for youthful and beautiful complexion.

ONE MONTH SUPPLY



Collagen C Jelly 31 Strips



THE BEST FOUNDATION FOR YOUR SKIN TYPE

It's not enough to find the perfect shade, you also need the right formula to achieve flawless-looking skin. Otherwise, you risk having skin that looks patchy, cakey, oily or even dry. **BY SIMONE WU**

Our model is wearing a foundation with a radiant finish — see how she glows!

For Dry Skin

Applying the wrong kind of foundation on skin that's prone to dryness makes the dry patches look more obvious, especially if your skin is flaking.

Go for: Rich, moisturising formulas in the form of tinted moisturiser, liquid foundation or cream foundation. Look for ingredients that hydrate, nourish and make your skin glow.

Skip: Powder compact foundation. It makes your skin look dull and cakey. If you must have the convenience of a compact, go for a cream-to-powder formulation to minimise dryness.

M.A.C Lightful C Tinted Cream SPF30/PA+++ with Radiance Booster (in five shades), \$62



TRY THESE!



Cosme Decorte AQ Meliority Powder Foundation (in six shades), \$234 (refill), \$48 (case)



Kose Infinity Moisture Concentrate Foundation (in five shades), \$72



Laura Mercier Silk Creme Moisturizing Photo Edition Foundation (in eight shades), \$78

tip

HOW TO FAKE A GLOW

Tap on a cream-based highlighter over your cheekbones and brow bones. This lights up a dull complexion, and takes the focus off dry patches on your skin.

tip

GIVE POWDER A MISS

"Setting your foundation by applying loose powder will only highlight the dry, scaly and flaky patches on your skin," says makeup artist Larry Yeo.

Za Airy Flawless Powder Foundation (in four shades), \$18.90 (refill), \$9.90 (case)



SimplyHer
EDITOR'S
RAVE



Yves Saint Laurent Beaute Youth Liberator Serum Foundation (in six shades), \$89

»

For Combination Skin

There are two kinds of combination skin: dry-combination and oily-combination. The T-zone (your forehead, nose and chin) is oily for both skin types. But if you have dry-combination skin, your cheeks will also be dry and flaky. If you have oily-combination skin, the rest of the face feels fairly balanced.

• DRY-COMBINATION SKIN

Go for: Moisturising formulas in the form of tinted moisturiser, and liquid and cream foundations.

Skip: Just like if you had dry skin, you should pass on compact powder foundation. While it may look great on the T-zone, it makes the rest of your face look cakey.

tip

HOW TO KEEP
YOUR OILY T-ZONE
SHINE-FREE

"Blot off any oil with a tissue paper and dust some loose powder on the T-zone," says Larry.

TRY THESE!

Nars Pure Radiant Tinted Moisturizer (in seven shades), \$66

SimplyHer
EDITOR'S
RAVE



Shu Uemura The Lightbulb Fluid Foundation (in 10 shades), \$75



La Mer The Treatment Foundation (in five shades), \$160



Laneige BB Cushion Anti-aging SPF50+ PA++++ (in seven shades), \$62



SK-II Stempower Cream Compact Foundation (in one shade), \$101 (refill), \$34 (case)

• OILY-COMBINATION SKIN

Go for: Compact and liquid foundations with lightweight, oil-free and hydrating formulas. You can choose between products that give your complexion a matte or radiant finish.

Skip: Foundations that are too rich or creamy – these make your skin look oily.

TRY THESE!



RMK Casual Solid Foundation (in seven shades), \$33 (refill), \$25 (case and brush)

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RAVE



Yves Saint Laurent Beaute Fusion Ink Foundation (in eight shades), \$89



M.A.C Pro Longwear Nourishing Waterproof Foundation (in 16 shades), \$62



Chanel Perfection Lumiere Extreme Long-wear and Pore Minimizing Powder Foundation (in six shades), \$91



How our model looks in foundation that gives a dewy finish.

Getting a Flawless Finish

Would a foundation with a dewy, matte or radiant finish do the job best?

Dewy: Skin functions slow down as you age, leaving you with drier skin and a dull complexion. A foundation with a dewy finish will help you look youthful and rejuvenated. The luminous finish works for most skin types except very oily skin, which could look even greasier.

Matte: A matte finish makes dry skin look drier and cakey, and flaky skin and wrinkles more pronounced. Matte foundation works better on oily skin but you should use an oil-free primer underneath to stay matte throughout the day.

Radiant: This foolproof finish works for everyone. It creates a natural-looking, youthful glow without making your skin look too dry or too oily.

»



See how our
model looks
wearing
a matte
foundation.

For Oily Skin

While it can be a challenge to get foundation to stay if you have oily skin, you should still use one as it can help your skin look fresh, matte and flawless.

Go for: Compact powder foundation, or lightweight, oil-free liquid foundation with oil-control and skin-mattifying properties.

Skip: Thick, heavy or creamy foundations – these make your skin look greasy.

tip

WHICH FOUNDATION SUITS ACNE-PRONE SKIN?

As acne happens no matter what your skin type, there isn't a specific foundation for those prone to acne. Larry says: "Instead, treat your skin with the right skincare and use a foundation that suits your skin type."



Clio Kill Cover Highest Wear Pact (in three shades), \$32.90

SimplyHer
EDITOR'S
RAVE



Elizabeth Arden Flawless Finish Perfectly Satin 24hr Makeup (in 12 shades), \$69

TRY THESE!



Shu Uemura Skin:fit Cosmetic Water Foundation (in seven shades), \$68

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GREAT
FIND



Kose Esprique Cool BB Spray UV 50 (in two shades), \$32

Urban Decay
Naked Skin
Beauty Balm
(in five
shades), \$48



Shiseido UV Protective Compact Foundation (in nine shades), \$43



SimplyHer
EDITOR'S
RAVE

tip

MAKE YOUR MAKEUP STAY

Using just an oil-control foundation won't help your makeup stay put. Larry suggests layering lightweight products to help create a better base for foundation to adhere. For instance, you can apply a hydrating toner to soften and moisturise your skin, followed by a lightweight moisturiser with oil-control benefits, a lightweight sunscreen and a matte-finish primer, before ending with foundation.

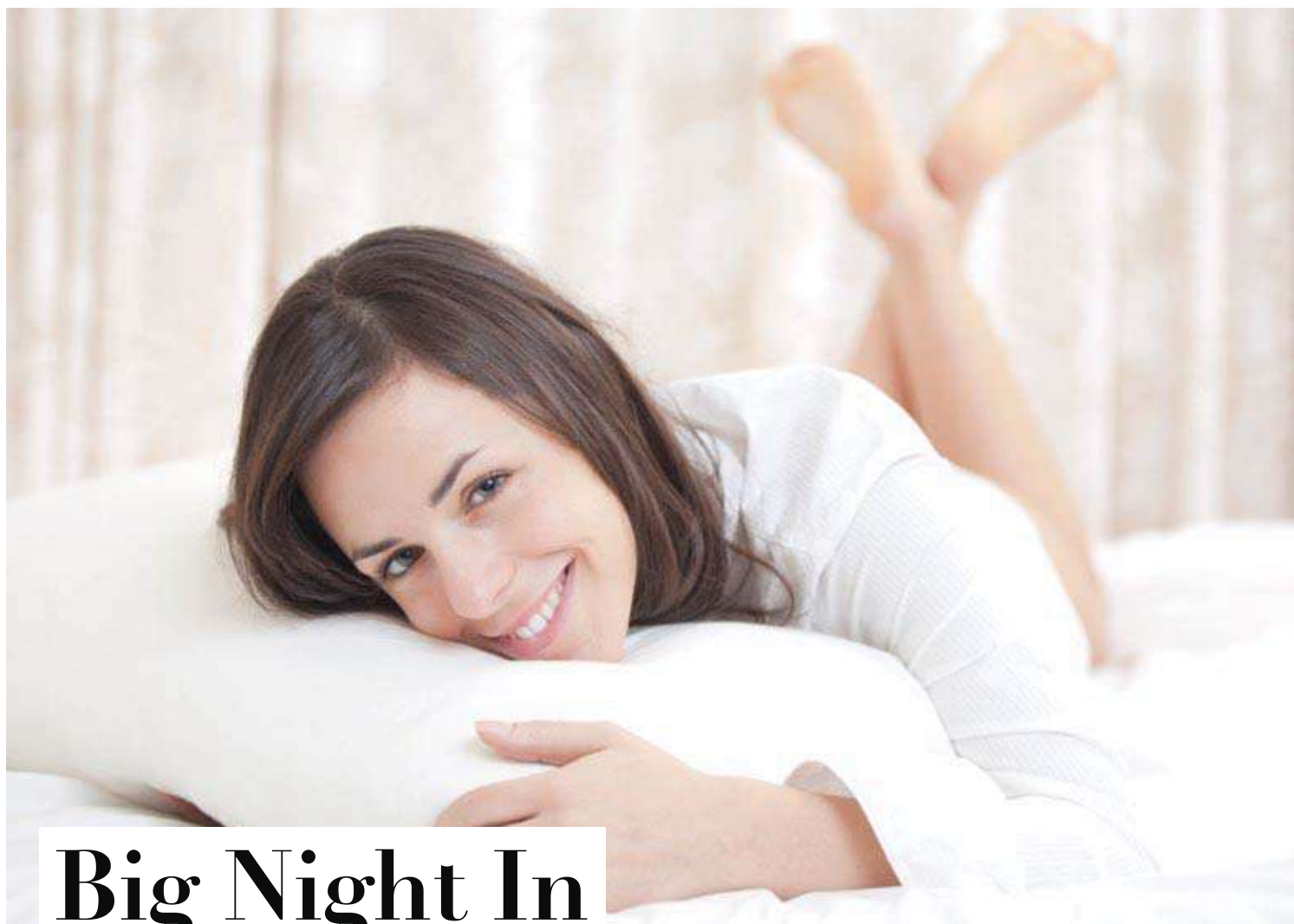
SimplyHer
BEST
VALUE



Za Perfect Fit Liquid Foundation (in six shades), \$18.50



M.A.C Studio Fix Fluid (in 22 shades), \$54



Big Night In

When preparing and packing for a romantic staycation, don't forget to take care of your intimate area with Lactacyd's feminine washes.

The kids are with your parents and the phones are switched off. The restaurant is swanky and the hotel is plush. It's staycation time – a chance for relaxation, reconnection and romance. But in the melee of getting ready for your mini-break, have you forgotten to pamper yourself?

Staycations are an opportunity to leave the stresses of everyday life and get intimate with your spouse. The last thing you want is to feel less than confident about the appearance, health and cleanliness of your "V" (Lactacyd's name for the vagina).

HEALTHY TREATMENT

Just as you'd go for a facial before an important event, it's worth giving your bikini area some special attention. First of all, make sure you're doing what you can to keep your vagina healthy and free from bacterial infections or thrush. According to Lactacyd, which celebrates its V Health Month this month, that includes steering clear of tight underwear made from synthetic material, doing regular exercise, and eating a healthy, balanced diet.

The brand also has a range of feminine washes that are designed to keep your

intimate area in top health, and improve its appearance too.

All Lactacyd washes contain milk essences such as lactic acid and lactoserum. They're designed to keep the ideal pH balance of the V – reducing the risk of thrush and bacterial infections. They also keep the skin around the area in good condition. Once your health is in check, it's time to select the best feminine wash for your concerns. Start using it before your staycation, and pack a bottle in your bag to help you feel fresh, comfy and confident.



1

WAX ON, WAX OFF

Part of your pre-date prep might be a thorough bikini wax. So far, so sexy. What's not so appealing is red skin or ingrown hairs. Top tip: Get your waxing out of the way three or four days before your staycation to allow any redness to calm down. To keep your skin smooth and moisturised, use Lactacyd Soft & Silky (\$12.90 for 250ml) in the run-up to your waxing session and afterwards. It has extra milk essences that gently soothe your skin even as it cleanses.



3

FIRM FRIENDS

As you get older, collagen degenerates, which leads to sagging – and that's not just confined to your face. It affects every part of your body, including your bikini area. This can be exacerbated by skin stretching during pregnancy and childbirth. Before your staycation, start using Lactacyd's Revitalize (\$14.90 for 250ml), which has vitamin E and collagen for firming. In clinical trials on over 40 Asian women, more than 80 per cent reported having firmer skin after 12 weeks.

2

BRIGHT IDEA

Worried about the appearance of darkened skin around your bikini line while on staycation? It's extremely common to have darker skin in areas where you shave or where tight clothing chafes your skin. Such irritation causes inflammation, leading to pigmentation. Avoid this by always using a sharp blade, shaving in the direction of hair growth and using a shaving gel. If you already have darker skin, use Lactacyd White Intimate (\$14.90 for 250ml) a month before your staycation. Thanks to plant-based Actipone-B and marine-based Algowhite, 67 per cent of Asian women claim visible lightening results in their intimate areas in four weeks.**

Lactacyd is the number one feminine hygiene brand in Singapore.* Lactacyd's comprehensive range ensures that there's something for every occasion. For your other needs, you may wish to consider: (From left) All-Day Care Feminine Wipes, for on-the-go freshness; Cool & Fresh, with non-drying menthol for instant cooling; All-Day Fresh, for everyday freshness; Feminine Hygiene, for extra-care days, and Teens, for budding ladies.

The Lactacyd range is available at all leading pharmacies and supermarkets. Lactacyd Cool & Fresh and Teens are available only at Watsons.



Lactacyd products are widely recommended by obstetricians and gynaecologists, but if you have concerns about using any product, please consult your doctor.

Scan the QR code with your phone or visit www.lactacyd.com.sg to find out more, and get your free samples.



*Nielsen scan track data for feminine hygiene category, MAT July 2015.

** Based on product use test on 200 Asian women by Synovate-Ipsos, from Sept to Oct 2011.

This month is Lactacyd's V Health Month.
Find out more at www.facebook.com/lactacydloveyourv.

GET HEALTHY, GET SVELTÉ

This slimming treatment combines technology with Traditional Chinese Medicine to offer a holistic weight-loss solution. SIMONE WU finds out more.

If you look up weight-loss plans on the Internet, you'll come across numerous ways to help you lose the kilos. These strategies cover a whole gamut, from cutting out sugar to surrounding yourself with supportive people. But it can still be a challenge to reach and maintain your ideal weight.

EAST AND WEST

Slimming 101 combines Traditional Chinese Medicine (TCM) therapies with its weight-loss and body-contouring treatments. You first get on a body-composition monitor to find out the amount of fat, muscle, and fluid in your body. The machine also determines your metabolic rate in relation to your age, weight and height.

From the results, you can then opt for a consultation with its in-house TCM physician before you commit to the slimming treatment. Not everyone will need TCM help – it depends on your needs and problem areas.

TCM HELP

The TCM component is especially useful if you find it difficult to lose weight even when you lead a healthy lifestyle. The TCM physician can help you pinpoint health issues that could be sabotaging your efforts.

She can help you understand the root cause of your weight gain, and more importantly, allow the slimming therapist to recommend the right treatments for your needs. You may have to do both TCM and slimming treatments, or end up needing just acupuncture and TCM medication.

I TRIED IT!

"I gave birth six months ago and am still far from my pre-pregnancy weight. From my body-composition analysis, I found out that my body tends to retain water and that my organs are covered with a high level of visceral fat.

From my TCM consultation, I discovered that I have indigestion issues that are slowing down my weight-loss efforts. My body is having difficulties removing toxins, and that has been hindering my weight loss.

The TCM physician recommended herbal medication to get my digestive health back on track, while the therapist suggested the Divine Slim Treatment (\$5,800 for 10 sessions).

Under the treatment plan, I undergo a combination of Infrared Sauna Therapy and Meridian Marine Therapy. The latter uses acupressure massage to ease tense muscles and improve lymphatic drainage. It also includes a Thermal Detox, where I am wrapped in a warm blanket for 20 minutes. At the end of the first session, I felt more energised and was thrilled to learn that I had lost 1kg!"

The first TCM consultation is free, subsequent sessions are chargeable and fees depend on the treatments recommended. Slimming 101 is at #04-07 Funan Digitalife Mall, tel: 6737-3101, www.slim101.com.sg.



Classical Overture

A crisp white shirt. A string of pearls. A diamond ring. They all conjure up the same image: effortless beauty. Downy Parfum Collection's new fabric conditioner, Timeless, aims to scent your laundry with the same allure and elegance.

Some women follow trends – one season, a miniskirt and then next, a floor-sweeping maxi. But if you look at the chicest people, they rarely change their overall look. Why? Because they've found a simple and effortless style they like and that flatters them. For instance, when you think of iconic screen stars like Audrey Hepburn, you think of classic elegance.

It is this spirit of classic elegance that Downy is seeking to capture with Timeless, the latest addition to its Parfum Collection of fabric conditioners.

SCENT-SUAL TAKE

Inspired by iconic wardrobe staples such as white shirts, pearls and diamond rings, all of which have a fresh, pure and simple charm that is always in style, Downy also looked to the timelessness of classic movies to bring out the innate elegance and confidence of beautiful women.

To that end, its fabric conditioner leaves a simple, mild and lingering scent. It opens with refreshing

fruit notes like pineapple, mango and peach. As it evolves throughout the day, floral notes emerge: sophisticated damask rose, sensual jasmine and sweet violet. There's also a hint of vibrant apricot. As evening falls, the perfume settles into rich notes of sandalwood and musk.

The secret to this ever-evolving scent is Perfume Micro Capsules (PMCs), which leave invisible particles of scent on fabric. These are then released as you move throughout the day.

SWITCH SCENTS

The Downy Parfum Collection range also includes Mystique, inspired by Paris at midnight, with oriental, spicy and floral notes. There's also Happiness, which is playful and breezy; Passion, with floral/fruity notes and a warm vanilla base, and Innocence – musky, floral and romantic.

Just a capful of Downy in every wash leaves your clothes soft, silky and sans static.



Downy Parfum Collection (\$6 for a 900 ml bottle) is available at major supermarkets and hypermarkets.

Beauty

Wear *Red* Every Day

You can use that gorgeous scarlet lipstick daily with this easy, mistake-proof application technique. BY SIMONE WU

See how beautiful Shiseido Perfect Rouge in RD555 looks on our model!

Photography: Winston Chuang Beauty Direction: Simone Wu Hair: Alicia Tey/Mosche Hair Salon, using Bed Head by Tigi Makeup: Larry Yeo, using Shiseido, assisted by Gwen Tan Model: Samantha X/Ave

Red is the lip colour of the moment. But if you've shied away from it because it's too bold or dramatic for you, or takes a practised hand to apply it mistake-free, there's good news – you can wear it so the lips are softly defined. This reduces colour intensity and makes red lipstick highly wearable and beautiful.

GET THE LOOK



Step 1 Begin with well-moisturised lips as lipstick will make any dryness or scaliness look more pronounced.



Step 2 With a foundation brush or your ring finger, dab some foundation around your lips. This creates fuller-looking lips and provides a base that will make the colour pop.



Step 3 Apply lipstick only to the centre of your lips.



Step 4 Using your finger, spread the lipstick over your lips, leaving the edges undefined.



Keep lips moisturised with Nivea Essential Care lip balm, \$4.10.

try these!



Laneige x Playnomore Intense Lip Gel in #2776 (limited edition), \$36



Rouge Dior in #999, \$48



Nars Lipstick in #9306 VIP Red, \$38



M.A.C Patentpolish Lip Pencil in Ruby, \$36



RMK Irresistible Bright Lips in #08 Deep Red, \$45

DIGITAL EXCLUSIVE!

See our recommendations for more stunning red lipsticks in the digital copy of *Simply Her*. Go to <http://goo.gl/alabO2> to download your copy now.

For You, For Hubby

Scents with a balance of feminine and masculine notes are perfect for sharing. Three couples give their take on these unisex perfumes. BY SIMONE WU



**MAISON MARTIN MARGIELA
UNTITLED L'EAU EAU DE TOILETTE,
\$129 (100ML)**

→ The refreshing fragrance opens with a burst of leafy and citrusy notes, and mellows down to a hint of sweet orange blossom floral notes. The cedar wood and incense leave a smoky green, slightly sweet scent on your skin.

SHE SAYS: "This smells refreshing in our warm climate. But it's too green for my liking."
— Ann Tee, 38, finance manager

HE SAYS: "It was a bit sweet for me."
— Ong Sin Kwee, 46, manager



**FERRARI PURE LAVENDER EAU DE
TOILETTE, \$127 (100ML)**

→ You get the first hit of light and spicy cardamom, then a refreshing citrusy note quickly follows. After a few minutes, the spicy notes make way for lavender. The lavender scent, balanced with vanilla, patchouli and cashmere wood, is soft and comforting.

SHE SAYS: "I prefer sweet-smelling, fruity perfumes instead of musky-spicy ones. This smells both sweet and spicy – a nice change from my usual picks. It feels a bit strange to smell the same as my hubby."
— Lam Hui Lin, 29, hospital applications specialist

HE SAYS: "The scent started out very spicy but after an hour, it was less intense and more pleasant. I think it's quite romantic to share perfumes with my wife."
— Jasper Yu, 29, photographer



**ATKINSONS THE EXCELSIOR
BOUQUET EAU DE TOILETTE,
\$218 (100ML)**

→ The scent is fresh and herbal on your skin, and fills your nose like a cold breeze. The herbal notes then take a back seat as spicy cardamom and Sichuan pepper emerge, with a dry down that's warm and leathery, with a hint of tonka beans.

SHE SAYS: "The herbal spiciness was too intense for me. I find this unisex perfume leans more to the masculine side."
— Cindy Poh, 40, beautician

HE SAYS: "I like it. It has just the right amount of spicy and herbaceous notes, which I find to be highly wearable."
— Han Yew Hock, 40, freelance art director



OUR QR CODES CAN TELL YOU ABOUT BREAST CANCER.
Your mammogram screening will reveal a lot more.

EARLY DETECTION OF BREAST CANCER CAN MAKE ALL THE DIFFERENCE.

Breast cancer is the no.1 killer cancer of Singaporean women*, but early detection and treatment can help save your life. So do your monthly breast self-examinations and if you are 50 and above, go for a mammogram once every two years to be sure you are in the pink of health. Speak to your doctor or scan the QR code to find out more.



IN THE

Pink

It's been two and a half years since Pan Ling Ling's brush with breast cancer, and the actress has never looked better. She tells **DELLE CHAN** about her new healthy lifestyle and how supportive her hubby and kids have been.

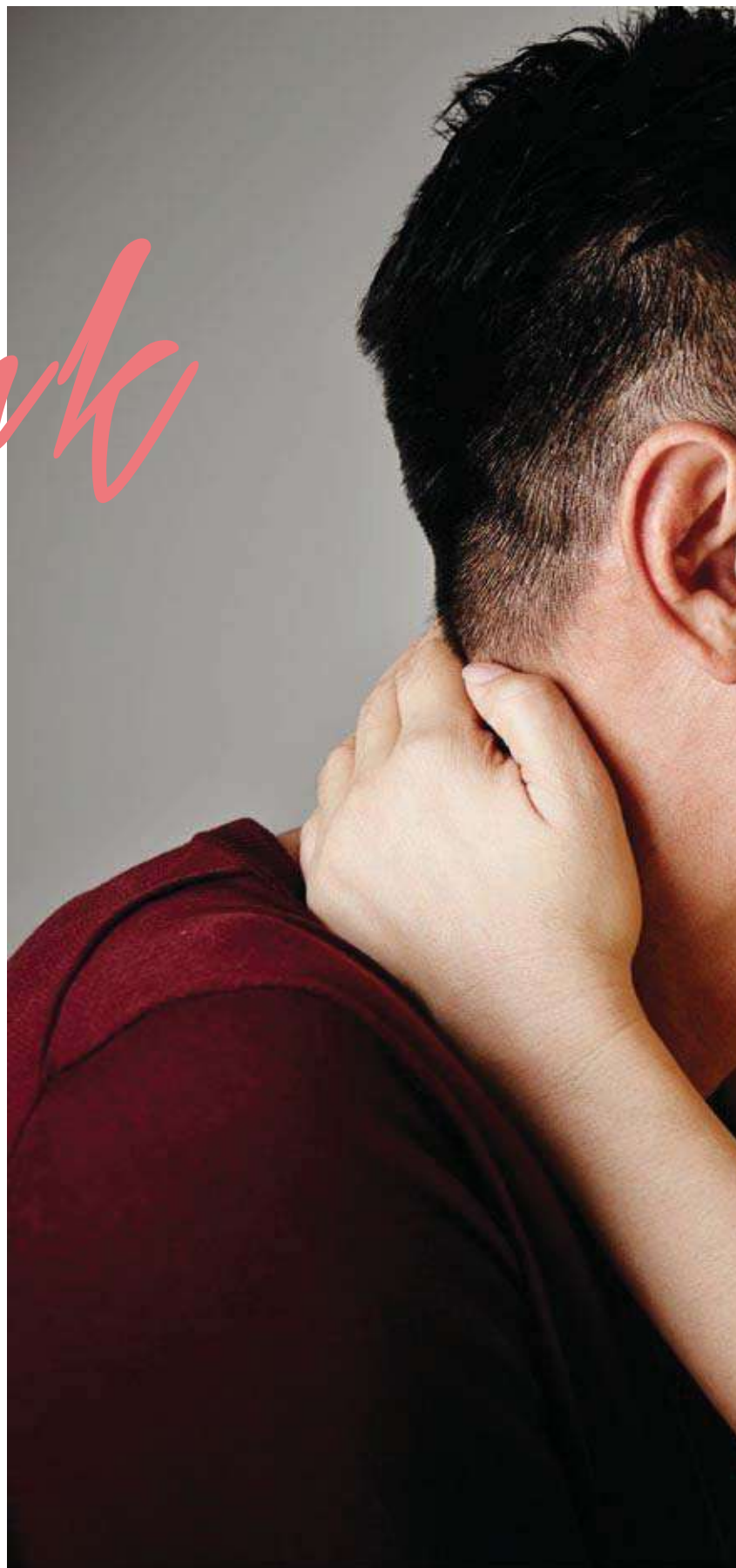
Photography Veronica Tay **Art Direction** Nikki Ho
Styling Martin Wong **Hair** Nigel Woo/Passion Hair Salon
Makeup Andy Lee **Outfits** Ling Ling's Silk Blouse
Zero + Maria Cornejo at Inhabit **Jeans** R13 at Inhabit
Shinan's Knit Sweater & Pants Hugo Boss

✓ Veteran actress Pan Ling Ling found out midway through a charity golf game in March 2013 that she had Stage I breast cancer. During an annual check-up a few days earlier, her doctor had found six cysts in her left breast. A biopsy confirmed Ling Ling's worst fears – one of the cysts, a 2.8cm-wide lump, was cancerous – and her doctor had called to convey the news.

The 45-year-old heeded her physician's advice and wasted no time in getting it seen to. Just days after the call, Ling Ling was wheeled into the operating theatre for a partial mastectomy, followed by breast reconstruction surgery. Her oncologist removed the lump, as well as some lymph nodes.

After the surgeries came five months of chemotherapy, from April to September 2013, followed by a month of radiotherapy from October to November 2013.

The multiple treatments took a huge toll on her health. Besides suffering from side effects such as fatigue, irritability and night sweats, she also piled on 10-12kg as a result of the prescribed steroid medication.







PSST!
Shinan looks like he's posing for a family portrait.

“I am now more health-conscious – I have since reduced my meat intake by about half and make it a point to eat some greens every day.”

“The weight gain made me feel large and clumsy, and my face felt very swollen and tight. It was all quite uncomfortable,” she remembers. She also lost all of her hair – even her eyebrows and eyelashes – due to the chemotherapy.

But the treatment was a success and Ling Ling has been in remission for almost two years now. While she still has to go for check-ups once every three months and take hormone-control pills for the next three years, she looks the picture of good health. She cuts a svelte figure, having lost the weight she gained, and her

hair has grown back, as lustrous as before.

IT'S ALL IN THE MIND

Her radiance at today's photocall might well stem from her positive outlook. She is remarkably optimistic, and this buoyant mindset is what carried her through her ordeal. “I'm very happy-go-lucky by nature, so I took the news of my diagnosis quite well. I told myself that I had to face the facts to get better,” she shares.

Says her husband, actor Huang Shinan: “I was in awe of how positive she was – when she was being wheeled into

the operating theatre for her mastectomy, she could even wave goodbye to me cheerily.

"In contrast, worst-case scenarios kept running through my head. I looked so upset that one of the nurses mistook me for the patient instead!"

The plucky actress adds: "When my hair started falling out during chemotherapy, I initially refused to cut it, as I wanted to experience it dropping out in clumps – just like in the TV dramas. When I eventually shaved it off because of excessive hair loss, I took a selfie and shared it with my friends, as I thought that I didn't look all that bad."

HEALTH IS WEALTH

Positive outlook aside, Ling Ling has also overhauled her lifestyle in light of her diagnosis. "In the past, I loved meat and hated fruits and vegetables. I am now more health-conscious – I have since reduced my meat intake by about half and make it a point to eat some greens every day. I'm even starting to like raw tomatoes! I also drink plenty of alkaline water, as I've been told that cancer cells proliferate in an acidic environment," she shares.

The avid golfer also takes to the fairways at least once a week, and regularly practises "figurerobics", a popular Korean dance workout, at home. "I try to fit in a golf game whenever there is a break in my filming schedule. According to my doctor, all that walking on the golf course – plus its lush greenery – is good for me," she grins.

Of course, she still allows herself the occasional indulgence. "I can't resist beef, especially at (actress Zoe Tay's husband) Philip's barbecues. He can make a mean steak! I just tell myself that beef helps improve my low blood platelet count, which is a side effect of the chemotherapy," she says cheekily. "Besides, I've been advised to try to lead as normal a lifestyle as possible, so it's okay to have everything in moderation."

THE TIES THAT BIND

Ling Ling says her speedy rehabilitation would not have been possible without

Shinan, whom she's been married to for 27 years. "I'm immensely grateful to him for standing by me all this while. He is nine years older than me, and has always pampered me throughout our relationship.

"He treated me like a queen when I was undergoing cancer treatment, constantly giving in to me and looking out for my health, while reassuring our sons. He also turned down lucrative acting projects overseas, as he wanted to take care of me," she shares.

Adds Shinan: "The chemotherapy caused Ling Ling to get nightmares almost every night. She would dream that people were going to kill her, and would wake up screaming. It pained me to see her suffer, so I would stay up to comfort her and tuck her in bed again, before going to sleep myself."

The devoted husband also trawled the Internet for remedies for Ling Ling's discomfort – such as a cooling mattress pad to ease her night sweats – and hired a helper to take care of the household chores. What's more, he did his best to comfort and reassure their sons, Beckham, 16, and Kynaston, 13.

Muses Ling Ling: "Thankfully, the kids were on their best behaviour the entire time. In fact, one good thing about the cancer is that it made Beckham more mature – he was the typical angsty teenager when I was diagnosed, but he quickly put his rebelliousness behind him when he saw what I was going through."

INSPIRING OTHERS

Today, Ling Ling is paying forward the support she has been given. "A lot of people – from fellow cancer patients to fans and even random aunties at the market – come up to me now to ask about my cancer experience, so I try to help them, whether it's dietary advice or tips on how to stay positive," she says.

"But more importantly, I'm proud to be able to prove to everyone – especially my sons – that I'm a fighter. I want to encourage people that anything in life can be overcome with courage and resilience. Don't let anything get you down."

Adds Shinan: "My relationship with Ling Ling has always been solid, but her diagnosis has made me discover a whole new side of her. I honestly don't think I could be half as courageous if the same thing happened to me, and I really admire her inner strength." **SH**



Digital Exclusive!

Watch behind-the-scenes footage of Ling Ling and Shinan's photo shoot in *Simply Her's* digital edition. Go to <http://goo.gl/a1abO2> to download your copy now.



Photography Winston Chuang Art Direction Ann Neo Styling Toety Liang (9430-3217) Hair Dawn Chang (9646-6842)
Makeup Ou Yuhui (9002-9144) Outfits David's Jacket Closed T-shirt Saturdays Surf NYC Jeans Topman Shoes Tod's
Watch Rado Zhichun's Dress Warehouse Accessories Calvin Klein Watches + Jewelry

Lean on Me

Love endures through sickness and health, as these couples attest. **DELLE CHAN** finds out how the husbands of three breast cancer survivors supported them in their fight to recovery.

CHEN ZHICHUN, 31, EXECUTIVE ASSISTANT, AND DAVID NG, 30, ANALYST

Zhichun's world fell apart in 2010, when she was diagnosed with Stage 2 breast cancer after discovering a lump in her right breast. She was just 26, and planning her wedding to David. "I thought I was way too young to get cancer, and I was devastated by the unfairness of it all," recalls Zhichun.

Her oncologist recommended various treatments, including eight cycles of chemotherapy, a right breast mastectomy without reconstruction, 25 sessions of radiotherapy and oral hormone therapy.

After her surgery and treatment, David and Zhichun carried on with their wedding plans, which were postponed by three months to give Zhichun more time to recover.

But a fairytale ending wasn't on the cards for the childhood sweethearts. "A few months after the wedding, I felt a pain in my left pelvic bone. It turned out that the cancer – now metastatic or Stage 4 cancer – had spread to my bones," Zhichun shares.

"My oncologist told me that Stage 4 breast cancer is incurable but treatable, like a chronic illness. I've since been put on long-term palliative chemotherapy, and this is my third year as a Stage 4 breast cancer survivor."

The couple adore children, but have since accepted that they may never have kids of their own. "People have told me that it'll be unfair to the child, since my days are numbered," says Zhichun candidly. "Moreover, I may not be able to cope with the additional responsibility of being a mother.

"Besides, David tells me that he should mean more to me than 10 sons!" she laughs. "In fact, I cannot imagine battling my cancer

without him. His support has been paramount – physically, emotionally and spiritually."

Indeed, David has a heart of gold when it comes to his wife. "Zhichun dreads her regular blood tests and chemotherapy sessions, which she has to go for every three weeks, so I'll always get off work early and rush home.

"I also try to cheer her up in little ways – for instance, I'll take her to her favourite Thai and Italian restaurants to improve her appetite," he says. "However, I know that what I've done for her is nothing compared with what she has gone through, and I strive to support her better every day. I'm aware that the clock is ticking faster for us now, but we'll take each day at a time.

"Four years ago, I stood before God and my loved ones, and made a promise to my wife. I promised to cherish her unconditionally – for better or for worse, for richer or for poorer, and in health and in sickness. And I'm proud to honour that," he adds.

Wake Up and Smell the Coffee

A recent study in medical journal *Breast Cancer Research* suggests that higher caffeine intake is associated with a lower risk of breast cancer among post-menopausal women. "However, I wouldn't recommend increasing your coffee intake to reduce your risk of breast cancer, as excessive caffeine consumption can cause higher blood pressure, and even lung and bladder cancer," cautions Dr Wong Seng Weng, medical director, consultant and specialist in medical oncology at The Cancer Centre. "You should still observe the suggested limit of 400mg of caffeine – the equivalent of about four cups of coffee – daily."

SITI DZALEHA, 45, SELF-EMPLOYED, AND ZULKIFFLE S. SALIM, 49, FREELANCE SECURITY TRAINER

You'd hardly guess that jovial and bubbly Siti has just emerged from one of the most trying periods of her life. The 45-year-old was diagnosed with Stage 2 breast cancer in August 2013, and spent the next year battling the disease.

She felt a prickling sensation in her left breast one morning, but dismissed it as a symptom of premenstrual syndrome. However, the pain continued to persist after five days, so she decided to consult a doctor.

"I mentally prepared myself for the worst. As such, after the diagnosis, I asked my oncologist to arrange for a surgery immediately, as my thoughts were focused on getting well as quickly as possible," she says.

The gutsy mother of three underwent a modified radical mastectomy 10 days after getting diagnosed, in which two lumps and 14 lymph nodes were removed from her left breast. This was followed by six cycles of chemotherapy.

Despite the gravity of the situation, Siti remained optimistic. "I told myself I had to stay strong, as my husband and three children aged 22, 19 and 14, would be affected if they saw me upset. I've seen entire households fall into depression after a cancer diagnosis, and I didn't want that to happen to my family," she shares.

"I also knew that a positive mindset would help me immensely on my road to recovery, so I went for my treatments with an open mind and heart."

On his part, Zul kept Siti's spirits up. He ensured that she ate well, driving her across the island in search of her favourite foods. He made sure to spend quality time with her in the evenings, whether it was enjoying a simple dinner together, or taking a stroll on the beach.



"I knew she would be counting on me for support, so I resolved to stay positive. Plus, having been with Siti for half my life, I know she is a strong and determined person. There was no doubt in my mind that she would have a speedy recovery," says Zul.

Adds Siti, who is now in remission: "I think my brush with breast cancer has brought us closer. Before the cancer, I used to be quite a workaholic, always busy with one thing or another. Now, I've learnt to take my foot off the gas pedal and just relax. Zul and I have also learnt not to take each other for granted, and treasure the time we spend together."

Shine a Light

Breast self-examinations just became easier with Breastlight (\$298, from www.naturext.com), a device that shines a powerful light through your breast tissue, so you can better notice changes in your breasts. It's said to distinguish between normal breast tissue and potentially abnormal areas. But avoid using it while you're breastfeeding – lactation enriches the blood supply to your breast tissue and might result in inaccurate readings.



**PILOO CHACHA, 77, AND
PESI CHACHA, 75, BOTH
RETIRED DOCTORS**

Watch That Weight

Researchers from the Fred Hutchinson Cancer Research Center in Seattle have found that post-menopausal women who are overweight have an increased risk of invasive breast cancer. In addition, weight gain (of more than 5 per cent body weight) in women of previously normal weight also contributes to a higher risk of breast cancer. So keep an eye on your waistline.

Piloo was 50 and a physician at the Ministry of Health when she was diagnosed with breast cancer in October 1990. "Pesi and I were enjoying our wedding anniversary dinner when I felt a prickling pain in my right breast. While we couldn't detect any lumps, Pesi, also a doctor then, was very concerned and immediately arranged for a mammogram and consultation with his surgical colleague. The biopsy results showed I had Stage 2 ductal cancer of the breast," she shares.

The news was a blow to Piloo, who led a healthy lifestyle, going for aerobics classes and taking long walks with her dogs regularly. "Pesi and I decided I should opt for a total mastectomy, in which the entire breast, but not the lymph nodes, is removed. Subsequently, I had to go for eight months of chemotherapy," she says.

Pesi supported his wife all the way. "Initially, I was utterly devastated, and

fears of losing her and being left all alone clouded my thinking, especially since we don't have any children. However, I knew I had to pull myself together for her sake," remembers Pesi.

The doting husband faithfully stayed by his wife's side throughout her time in hospital – sleeping at her bedside every night and rushing home to complete household chores each morning, before resuming work at his clinic for the rest of the day.

"I told her we must live life to the fullest, and that every new day we share is a bonus. We even travelled to places like Batam, Langkawi, India and Korea in between her chemotherapy cycles, and I think that did a world of good," he says.

"Piloo is a brave soul – in fact, I think she is more courageous than I am! But we are ultimately a team, and the fight against cancer has to be a combined effort."

Today, Piloo, who has been cancer-free for 25 years, regularly volunteers with the Breast Cancer Foundation, counselling women who have just been diagnosed with the disease. "I am glad to be able to provide motivation and encouragement to these women, who are often depressed, anxious and apprehensive about chemotherapy. I am able to relate my own experience with cancer and therefore better reassure others," she says. **SH**



DIGITAL EXCLUSIVE!

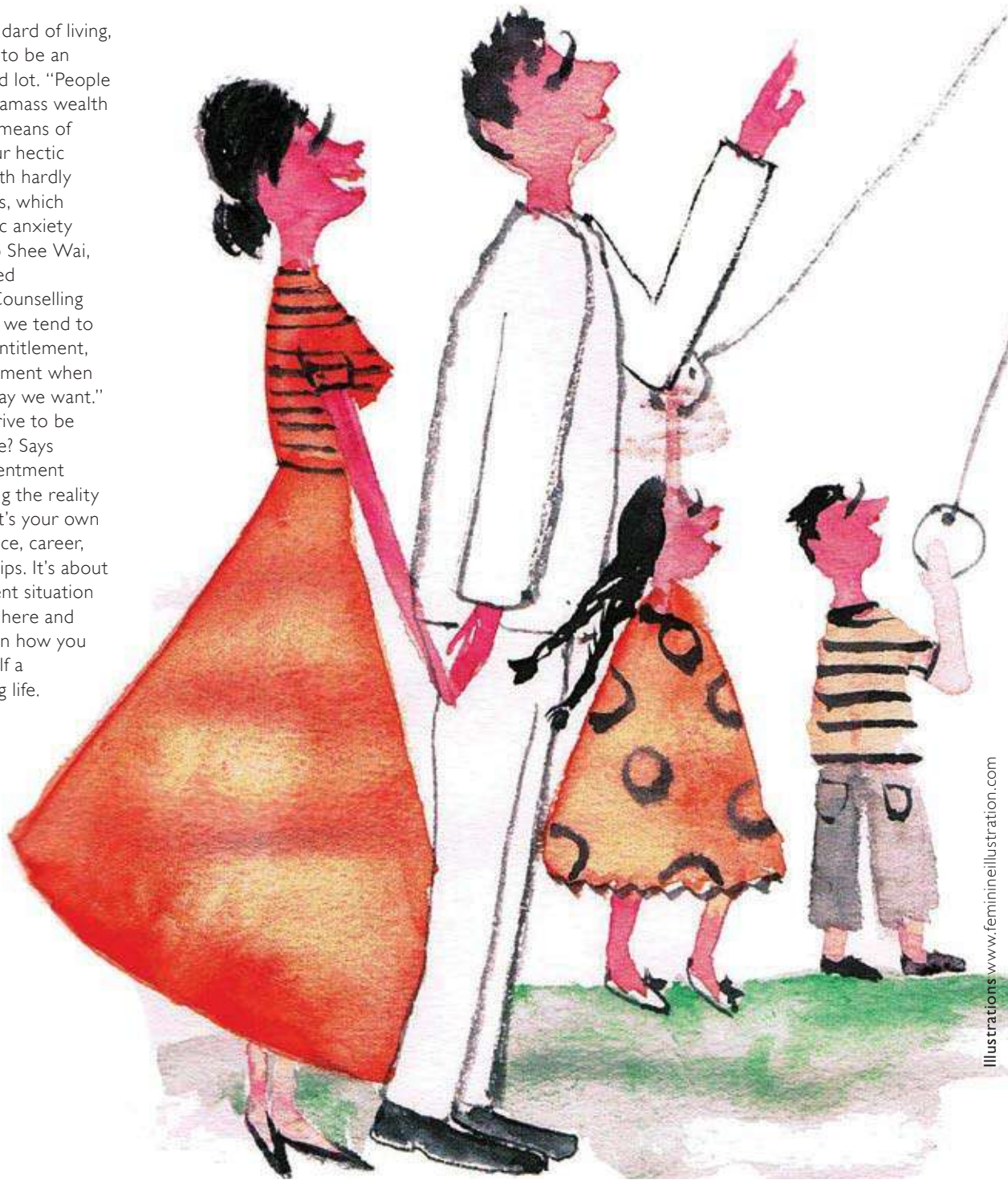
Find out how you can do your part for breast cancer awareness with our list of products and events. Download your digital copy of *Simply Her* at <http://goo.gl/a1ab02>.

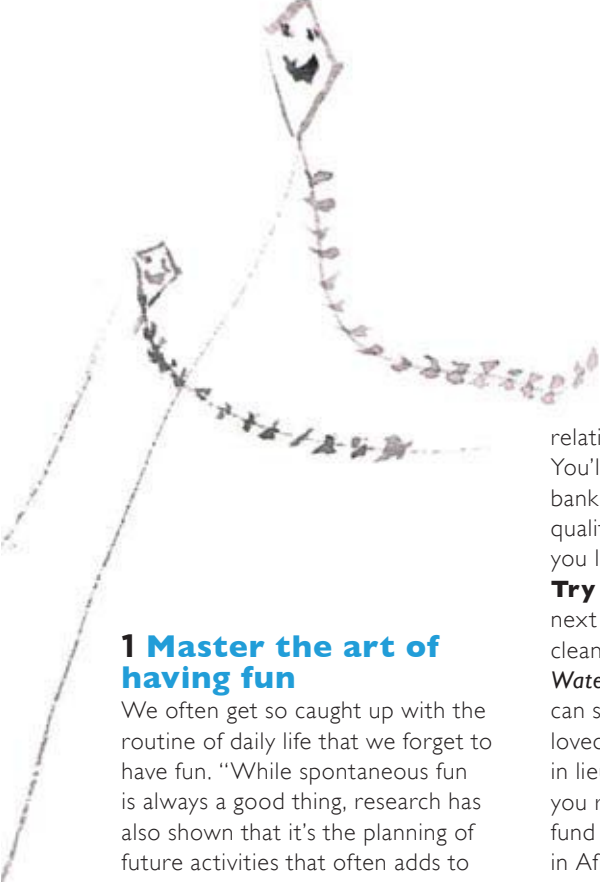
Get the Life You Want

You don't have to overhaul everything, from your job to your relationships. Here are eight things that truly contented people do, every day. BY DELLE CHAN

Despite our high standard of living, some of us still seem to be an unhappy, discontented lot. "People today feel obliged to amass wealth and possessions as a means of gaining happiness. Our hectic schedules leave us with hardly any time for ourselves, which contributes to chronic anxiety and tension," says Ho Shee Wai, director and registered psychologist at The Counselling Place. "What's more, we tend to have a sense of self-entitlement, which leads to resentment when things don't go the way we want."

So how can we strive to be more contented in life? Says Shee Wai: "Self-contentment goes beyond accepting the reality you have – whether it's your own personality, appearance, career, finances or relationships. It's about embracing your current situation and finding joy in the here and now." Take our tips on how you can create for yourself a happier, more fulfilling life.





1 Master the art of having fun

We often get so caught up with the routine of daily life that we forget to have fun. "While spontaneous fun is always a good thing, research has also shown that it's the planning of future activities that often adds to the fun," Shee Wai observes.

She suggests putting your loose change in a jar, and spending it on a fun activity when you've accumulated enough. Decide in advance what you want to spend on, so it's something to look forward to.

Try this! Spend an afternoon on the "slopes" with your kids at **Urban Ski** (www.skiandsnowboardsingapore.com), a new indoor snow-sports centre. There isn't any real snow involved (and hence no need for winter gear) – instead, you hone your technique on an indoor rotating slope akin to an inclined treadmill. Sounds like a fun family workout!

2 Live with less

"Simplify what you have, and focus on the things that enhance your life," recommends Shee Wai. Stop lusting after material things – contentment isn't found there, and there will always be something prettier and shinier to tempt you.

Shift your focus to more lasting pursuits, such as knowledge,

relationships and service to others. You'll be rewarded with a healthier bank balance, less clutter and more quality time spent doing what you love.

Try this! Forgo presents for your next birthday and raise funds for clean water instead. At **Charity: Water** (www.charitywater.org), you can set up a campaign and ask your loved ones to make a donation in lieu of gifts. All the money you raise will be used to fund clean-water projects in Africa, Asia, and Central and South America.

3 Be less judgmental

"Much of our discontent stems from our desire – and inability – to control the people around us. We each have our own standards of what is right and good, and we often try to impose our expectations on other people," notes Shee Wai.

Be more open-minded and accepting – if someone offends you, empathise instead of being unkind. For instance, if your colleague snaps at you, consider that she might be having a rough day. Avoid jumping to conclusions – there's probably more going on than you realise.

Try this! If you are skilled in academics, art, drama, sports or information technology, consider volunteering at **Changi Prison** (www.sps.gov.sg), where you can conduct courses and workshops for inmates, and help reintegrate them into society.

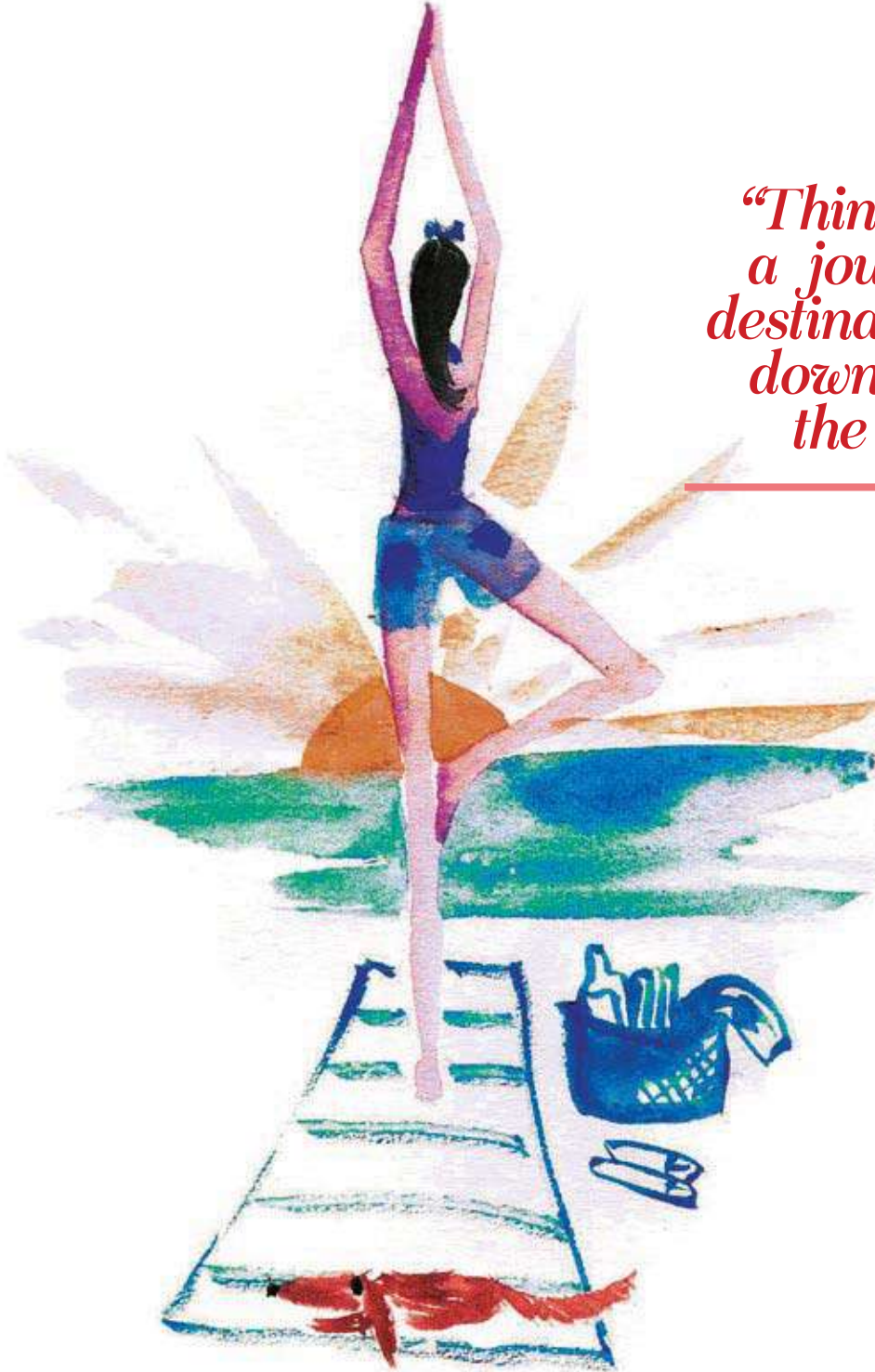


4 Practise self-care

It's difficult to feel peaceable when your body is ailing, so prioritise your health. "Having enough rest helps your mind to equilibrate. Regular exercise is also tremendously beneficial, as the endorphin release that comes with physical activity can really improve your sense of well-being," recommends Dr Lim Boon Leng, a psychiatrist from Gleneagles Hospital.

In the same vein, make it a point to pamper yourself. A rejuvenating massage, facial or a pedicure is a great way to unwind and chase away the blues.

Try this! Visit the new **Spa Retreat at One Farrer Hotel & Spa** (www.onefarrer.com). Opt for one of its luxurious treatments, such as the Darphin Signature Massage (\$149++ for 90 minutes), before taking a meditative stroll through its gardens and soaking in one of its Japanese-style onsen baths.



“Think of life as a journey, not a destination. So slow down and enjoy the process.”

5 Stop and smell the roses

Appreciate life's simple pleasures – whether it's the crisp, cool air after a thunderstorm, a delicious home-cooked meal, or even the fundamental act of breathing. “We have plenty of things to be grateful for, but we get so caught up in our busyness that we forget to pay attention to them. I like to think of life as a journey, not a destination. So slow down and enjoy the process,” shares business development executive Jessica Tan.

Dr Lim also suggests cultivating mindfulness through regular meditation – it could be a five-minute breathing exercise before bed, or an hour-long yoga session. By becoming more attuned to your body – how you're thinking, feeling and responding – and focusing on the present, you'll forge a deeper connection with your surroundings.

Try this! *Pure Yoga* (www.pure-yoga.com) has revamped its studio at Ngee Ann City, and we love the zen atmosphere of the refurbished space. Sign up for its new Wall Rope Yoga or Aerial Yoga classes, or opt for the classic Yin, Hatha or Vinyasa lessons.

6 Accept your shortcomings

“One of the keys to contentment is giving yourself permission to not be good at everything. Realise that failure isn't a reason to give yourself a hard time,” says Shee Wai.

“Also, stop comparing yourself with others, as each of us has our own strengths and weaknesses,” adds research analyst Grace Koh. In fact, accepting your flaws will help you develop more tolerance and compassion towards others.

This doesn't mean you become complacent. Always strive to better yourself, by learning from others or taking courses. “Find joy in the learning process, and take pride in your constant growth and development,” says Shee Wai.

Try this! Pick up a new skill by signing up for enrichment programmes. *Skills Future* (www.skillsfuture.sg) is a national movement which provides Singaporeans above the age of 25 with \$500 credit for work skills-related courses.

7 Do what makes you happy

Ultimately, contentment comes from doing what you truly enjoy. "For instance, make an effort to spend more time with your loved ones. Surrounding yourself with people you care about – and who care for you in return – will help you to feel positive and energised, and make life more meaningful," advises Dr Lim.

Also, make time for your favourite pastimes, or take up a new hobby. "Mastering a new skill creates what is known as a flow state for the mind, which boosts your mood," says Dr Lim. So if you've always wanted to sign up for floral arrangement classes or learn how to play the drums, don't hold back!

Try this! Pick up *Happy is the New Healthy* by health and wellness guru Dave Romanelli the next time you're at a bookstore. This easy, light-hearted read offers 31 tips on how to slow down, live life and simply be happy. \$30.42 from <http://singapore.kinokuniya.com>.

8 Laugh more

Actress Audrey Hepburn once said: "I honestly think it's the thing I like most, to laugh. It cures a multitude of ills. It's probably the most important thing in a person."

Indeed, humour comes with many health benefits – for instance, the act of laughing relaxes your muscles for up to 45 minutes after. Like exercise, laughter also triggers the release of endorphins, which reduces stress and improves your well-being. So go ahead and let rip that belly laugh – it'll do you a world of good.

Try this! Check out *Comedy Masala* (www.comedymasala.com), a stand-up comedy show held every Tuesday evening. The local and international comedians who take to the stage will have you in stitches! Tickets cost \$15, inclusive of a free drink. **SH**



How Contented Are You?

Take this simple quiz to find out. Give yourself one point for each "Yes", then see what your total score means below.

1 Are you unhappy with the way you look?
Yes/No

2 Are you constantly thinking along the lines of: "If only I had this or that, then I'd be happy"?
Yes/No

3 Are you consumed by thoughts of the past?
Yes/No

4 Do you often compare your life with the lives of others, be it friends or celebrities?
Yes/No

5 Do you have poor job satisfaction?
Yes/No

6 Do you often find yourself bickering with your spouse?
Yes/No

7 Are you anxious about what's going to happen in the future?
Yes/No

8 Are you always complaining about the people around you, such as your colleagues, bosses, or even friends and family?
Yes/No

YOUR SCORE:

0-1 You're generally contented with your life. The sun is shining, the birds are singing, and you're embracing each day wholeheartedly. Kudos to your positivity!

2-5 You are dissatisfied with some areas in your life – be it your relationship, job or family. Identify what's bothering you and actively seek solutions – solving even one aspect can lead to a huge weight off your shoulders.

6-8 Everything seems to be weighing heavily on your mind right now. Severe discontentment can lead to anxiety and depression, so consider speaking to a counsellor.



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Life

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MADE EASY

In the spotlight...

KAREEN LAI

founder and head coach of Mums in Sync, who shares tips on how you can get back into shape easily after childbirth.

Kareen piled on nearly 30kg after giving birth to twins five years ago, but through healthy eating and exercise, managed to lose the weight over nine months. Her transformation inspired her in 2013 to start Mums in Sync, a platform that customises fitness and nutrition programmes for mothers. The 32-year-old also recently published her first book, *18 Again: Bringing Out the Sexy Fit Mum in You*.



EAT WELL TO BE WELL

"Your diet should be based on wholesome, natural foods, as our bodies are not built to process anything else. Food should be as close to its natural state as possible – chicken should not come disguised as sausages, tomatoes should not come in cans, and so on."

EXERCISE SMART

"High Intensity Interval Training (HIIT) is more effective than steady-state cardio workouts when it comes to fat loss. It's easy to do HIIT – for instance, instead of jogging at a constant pace, try sprinting all out for 20 seconds, before coming to a slow jog for the next 10 seconds. Repeat for five sets. With HIIT, you're getting a bigger training outcome with less time spent."

SEEK HELP FROM OTHERS

"Motherhood is a 24/7 job, but self-care is also important. The time you spend investing in your own health will also benefit your child. So quit being a supermum and enlist the help of people around you – for instance, your husband can help to babysit while you work out."

CELEBRATE SMALL SUCCESSES

"Fat loss doesn't happen within weeks. It takes time for your body and mind to cultivate new habits, plus you still have to juggle your responsibilities as a mum. Also, your body is vulnerable after childbirth, with weakened pelvic and abdominal muscles, along with hormonal changes. So be realistic and celebrate small achievements – whether it's 1cm off your waist, or being able to survive a workout routine without feeling dizzy." **SH**

Start Your Day Right

Kareen shares her banana walnut overnight-oats recipe.



INGREDIENTS

¼ cup steel-cut oats
1 cup filtered water
3 tbsp plain Greek yogurt
¾ cup almond milk
½ tsp coconut sugar
¼ tsp chia seeds
1 tbsp almond nut butter
A fistful of walnuts
1 banana, sliced
A fistful of blueberries

DIRECTIONS

1 In a saucepan, bring the oats and water to the boil. Stir occasionally to prevent the oats from sticking to the bottom.
2 Turn off the heat and cover the saucepan. Leave the oats to soak for an hour.
3 Pour away the excess water and add the yogurt, almond milk, coconut sugar and chia seeds. Mix well, then place in a glass container and refrigerate overnight.
4 The next morning, top with almond nut butter, walnuts, banana slices and blueberries.

GET THE MOST OUT OF YOUR FOOD

Amp up the nutrient value and flavour of what you eat with these storage, preparation and cooking tips. BY SASHA GONZALES



Our experts



JACLYN REUTENS
Clinical dietitian at Aptima
Nutrition & Sports Consultants



SHEENA SMITH
Naturopath and clinical
nutritionist, Integrated
Medicine Institute, Hong Kong

TIP #2:

GO LARGE TO PRESERVE NUTRIENTS

When making a stir-fry, cut your vegetables into sizeable – slightly larger than bite-sized – chunks. This decreases their total surface area, which means fewer nutrients will be lost during the cooking process, says Jaclyn. To retain even more nutrients, cook the veggies until they are crisp-tender, not soft.

TIP #5:

USE THE WATER IN WHICH YOU FLASH-BOILED YOUR VEGGIES

Save the water you used to blanch or flash-boil vegetables. The heat would have leached vitamins B and C, and potassium from the vegetables, making the water rich in these water-soluble nutrients. Jaclyn suggests using this water to make soups or sauces.

TIP #1:

COOK YOUR PASTA UNTIL AL DENTE

Mushy, overcooked pasta is not only unpalatable, its Glycaemic Index (GI) value is also increased. GI is a number used to rate the effects of foods on blood sugar levels.

Jaclyn Reutens, a clinical dietitian at Aptima Nutrition & Sports Consultants, says most pastas have a low to intermediate GI, meaning that they provide sustained energy without causing a rapid increase in blood sugar. But overcooking them changes the quality of the starch, making them more digestible, and turning them into high-GI foods. Your body converts the starch into glucose more rapidly, resulting in that dreaded blood sugar “spike and crash” effect, which can leave you feeling sluggish.

To prevent this, cook pasta until al dente – look for that “bite” or chewiness to it. And to keep the GI value of your dish low, serve pasta with a tomato-based sauce instead of a cream-based one.

TIP #3:

MICROWAVE OR STEAM VEGGIES INSTEAD OF BOILING THEM

Chop, cook, and serve vegetables as quickly as possible to preserve their vitamin C content, says Sheena Smith, a naturopath and clinical nutritionist at the Integrated Medicine Institute in Hong Kong. “They should still have a crispness to them. Broccoli that’s been cooked, for example, should still have some shape to it and not turn to mush when you press on it.”

Sheena adds that boiling vegetables is not ideal as the process leaches vitamins B and C. And, the more water you use and the longer you cook the veggies for, the more nutrients will be lost. Steaming and microwaving are far healthier.

TIP #4:

SERVE VEGGIES OR SALAD TOPPED WITH HEALTHY FATS

Increase the absorption of fat-soluble vitamins A, D, E and K in vegetables by topping them with good fats, such as avocados, olive oil, nuts or nut oils, linseed oil or coconut oil.

Cheese is also a good option, but Sheena says to go for cheeses that are naturally lower in sodium, such as mozzarella, Swiss, Colby, and Port Salut.

If you are lactose-intolerant, try an aged hard cheese, which is low in lactose but slightly higher in sodium. When buying cheese, check the ingredients and go for varieties with the least number of added preservatives and colours.

TIP #6:

DRINK COFFEE BETWEEN 9.30AM AND 11.30AM

According to neuroscientists at the Uniformed Services University of the Health Sciences in the United States, this window is when your natural levels of the stress hormone cortisol start to drop. Most people’s cortisol levels peak between 8am and 9am, and then again between noon and 1pm, and 5.30pm and 6.30pm. So, by sipping on that cup of java when you’re “coming down” from your natural alertness peak, you will feel the effects of your coffee more than if you had drunk it earlier.

TIP #7:

PAIR VITAMIN C-RICH FOODS WITH IRON-RICH FOODS

Sheena suggests eating these foods together, as each nutrient maximises the absorption of the other. Vitamin C is a powerful antioxidant and essential for a healthy immune system, while iron is an important mineral for energy, red blood cell production, and providing adequate oxygen to the body.

Ideal pairings: sweet potatoes with lentils, sliced strawberries with baby spinach leaves, spinach with kale, oatmeal with blueberries, and greens with lemon juice.

TIP #9:

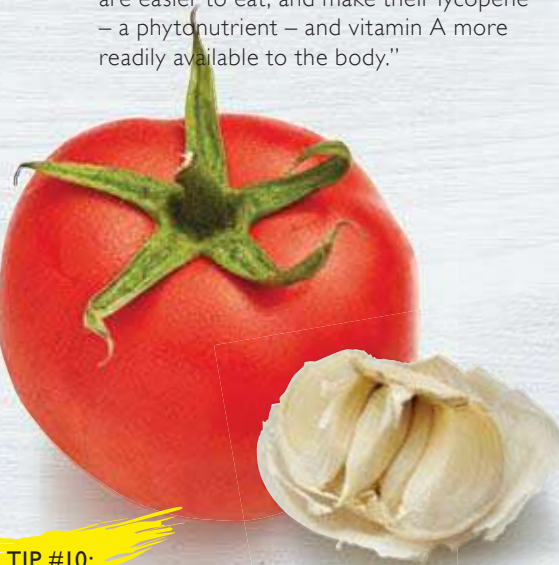
EAT THAT FRUIT SALAD AS SOON AS YOU MAKE IT

Don't leave a fruit salad or cut fruit standing for too long, or they will lose their nutrients, says Jaclyn. "Vitamin C oxidises rapidly once exposed to air, so keep this in mind when serving vitamin C-rich fruits like oranges, grapefruits, kiwi fruits and pineapples. To preserve their vitamin C content, eat them as soon as they are cut."

TIP #8:

COOK YOUR TOMATOES AND CARROTS

Tomatoes and carrots are healthy when eaten raw, but you can pump up their nutrient value by cooking them, Jaclyn points out. "When you cook these foods, you break down their fibre walls so they are easier to eat, and make their lycopene – a phytonutrient – and vitamin A more readily available to the body."



TIP #10:

LET CHOPPED GARLIC "REST" FIRST

Don't use garlic right after chopping it. Let it "rest" for a couple of minutes to increase the potency of the allicin in it. Allicin is the active compound in garlic and is produced when garlic is finely chopped or crushed.

Sheena says that allicin is beneficial in the treatment of cardiovascular disease, as it helps reduce atherosclerosis and manage blood pressure. It also has anti-inflammatory and antimicrobial properties, so it helps support the immune system and is a powerful antioxidant.

YOUR FOOD STORAGE MISTAKES

Avoid doing these to minimise food wastage and reduce the risk of contamination.

X Storing leafy greens in plastic bags. This traps moisture and causes the leaves to turn soggy quickly. Instead, separate the leaves, and wash and dry them thoroughly first. Then, arrange the leaves on a row of paper towels, and roll them up to form a tight bundle. Store the bundle in a large ziplock bag; squeeze the air out before sealing the bag.

X Keeping dry goods in their original packaging. This may invite weevils or cause mustiness. The best way to keep grains, pasta, cereals and flour fresh longer, is to store them in airtight glass containers.

X Keeping dented cans. Discard these immediately, as tiny cracks can form along the dents, paving the way for contamination and spoilage.

X Storing food at the wrong temperature. Oils should be stored away from heat – don't arrange your bottles of olive or coconut oil next to the stovetop – and preferably in the cupboard, out of direct light. Delicate oils like sesame can be refrigerated, though. If you want your bananas, peaches, pears and avocados to ripen, store them at room temperature – so just leave them on the kitchen counter – instead of refrigerating them.



Helping Food Last Longer

The latest Door-in-door series from LG makes it a breeze to reach for your drinks and treats as you don't have to open the main fridge compartment. The amount of cold air that escapes is reduced by up to 41 per cent, so you get better energy savings, plus, food stays fresh longer too.

The Fresh 0 Zone in the fridge hovers at nearly 0 deg C to properly chill food, but stops short of freezing it. What's more, there are removable condiment carriers, a tilting fresh basket that gives you easy access to your greens, and shelves that fold easily to accommodate tall items.

LG Multi-door Door-in-door Refrigerator GF-D6011LB, \$5,999, is available at major electrical stores.



5 Reasons To Eat A Bowl Of Oats

Packed with proteins, vitamins and minerals, oats can keep you and your loved ones healthy and happy. Captain Oats is made with premium Australian oats and prepared with a unique OatiFresh Process to preserve nutrients for a fresher flavour and finer taste.

1

IT BOOSTS IMMUNITY

Oats are enriched with beta glucans, which stimulate the proliferation and activation of white blood cells to combat infection and bacteria, and allow you to stay healthy. Beta glucans also lower cholesterol in the small intestine, hence, they may help to reduce the risk of heart disease.

2

IT FIGHTS AGAINST CANCER

Oats contribute to gastrointestinal well-being with phytochemicals, which inhibit the presence of carcinogens and toxicity. Oats also offer a good source of fibre, which is associated with lowering the risk of colon cancer.

3

IT CONTROLS BLOOD SUGAR

Oats release sugar into the blood slowly as they have a lower glycaemic index (GI) than other foods. A low-GI diet is crucial to the reduction of risk in developing Type 2 diabetes.

4

IT REDUCES BLOOD PRESSURE

Fibre sources like oats have been shown to significantly help reduce blood pressure and prevent the onset of hypertension.

5

IT ENHANCES WEIGHT CONTROL

Oats can help us feel fuller so we may not experience cravings – and succumb to snacking and bingeing.

MUMMY, PLEASE MAKE IT YUMMY

When devising a healthy-eating plan for your kids, the secret is to stay creative. Add more flavour to a bowl of oatmeal by throwing in fresh or dried fruit, honey, or even basil seeds. Here's an easy recipe to get you started.

NOURISHING OATMEAL (Serves 2 to 3)

Ingredients

- 10s red dates
- 1 tbsp goji berries
- 1/3 cup dried longan
- 4 cups water
- 1 cup Captain Oats Instant Oatmeal

Directions

1. Rinse red dates and goji berries. Remove seeds of red dates.
2. Pour water into a pot. Add dried longan, red dates and goji berries, and boil. Cover pot and simmer for 15min over low heat.
3. Add in Captain Oats Instant Oatmeal and stir well.
4. Serve in a bowl.

Tips

- For a creamier consistency, add evaporated filled milk.
- For a sweeter taste, add brown sugar or rock sugar.



From left: Captain Oats Instant Oatmeal, Quick Cook Oatmeal and Rolled Oats are available at all leading supermarkets. Let's Go Oats!

OUT OF *Sight*

These are the definite don'ts when it comes to your contact lenses, says SASHA GONZALES.



1

NOT RUBBING YOUR CONTACT LENSES WHEN CLEANING THEM

When you're tired or pressed for time, the last thing you feel like doing is rubbing your contact lenses clean with lens solution. But if you want to maintain the health of your eyes and prevent infections, it's essential to rub before rinsing.

"Just rinsing isn't enough to clean your lenses," says Dr Alicia How, consultant ophthalmologist and medical director at The Eye Surgery Partners. "Rubbing helps to remove any protein deposits stuck on the surface. It's like soaking your clothes in soapy water instead of scrubbing them. Manual rubbing is a must if you want to remove infection-causing dirt and deposits from the lenses."

Our experts



DR POR YONG MING,
consultant eye surgeon
at Mount Elizabeth
Novena Hospital



DR ALICIA HOW,
consultant
ophthalmologist
and medical director at
The Eye Surgery Partners

2

DECANTING LENS SOLUTION INTO SMALLER BOTTLES

You might not think anything of this, especially when packing for a trip. But transferring a sterile solution from its original container to another increases the risk of contamination. Also, the empty bottles may have been used before and may be contaminated with biofilm – a thin, slimy film of bacteria that adheres to a surface.

If you're travelling, buy travel-size bottles of lens solution, or switch to daily disposable lenses so you don't have to lug bottles of solution around, says Dr Por Yong Ming, consultant eye surgeon at Mount Elizabeth Novena Hospital. Daily disposable lenses are also less likely to cause problems like infections or allergies.

3

USING OLD OR DIRTY CONTACT LENS STORAGE CASES

Old or dirty lens cases can cause eye infections. "Immediately after removing your lenses from the case, discard the used storage solution," says Dr Por. "Rub the case with clean fingers for about five seconds, then rinse it with contact lens disinfection solution before wiping it dry with a clean cloth."

Avoid rinsing the case with tap water. Dr Por says doing so has been linked with an increased risk of *acanthamoeba* keratitis, a rare but serious condition where amoeba attack the cornea, causing permanent vision loss or even blindness. "After wiping the case dry, store it in a clean, dry spot with the case face-down and the caps off," he recommends.

You should also change your lens case every three months, says Dr Por, as using a case for too long can raise your risk of developing a corneal ulcer, an open sore on the cornea caused by an infection.

4

TOUCHING THE TIP OF THE LENS SOLUTION BOTTLE

When using lens solution, hold the bottle and avoid touching the tip, no matter what, says Dr How. Your fingertips may carry harmful microorganisms, and if these find their way into the bottle, you risk contaminating all of the solution.

Also avoid letting the exposed tip touch surfaces such as the countertop, as this may contaminate the solution with bacteria or fungi.

Rub your contact lenses before rinsing to remove any protein deposits that may be on them.

tip

5

RINSING OR STORING YOUR LENSES WITH TAP WATER

This is especially dangerous for soft contact lenses, to which many different kinds of materials and germs can stick. Tap water contains many microorganisms like bacteria, fungi and *acanthamoeba* parasites, and – unlike contact lens storage solutions – it cannot kill these germs. Rinsing lenses with tap water therefore does more harm than good.

Dr Por says that if you store your lenses in tap water, the germs could multiply and form biofilm on the lens. If these germs then get onto your eye from the contact lens, a bad corneal ulcer may result, leading to scarring and blurred vision.

"You should always rinse your lenses with the recommended solution and rub the lens while doing so, to remove the sticky debris," Dr Por adds. "If you're using a three-in-one solution, you should then soak your lenses in the same solution overnight."

6

SHOWERING OR SWIMMING WITH YOUR CONTACT LENSES ON

It is a good idea to remove your contact lenses before showering or going for a swim, says Dr How. This will help reduce the risk of water-borne organisms like *acanthamoeba* and *pseudomonas* attaching to your lenses and causing a lens-related infection.

7

APPLYING MAKEUP BEFORE PUTTING ON CONTACT LENSES

Makeup is a source of contamination for contact lenses. This is why you should always put on your lenses before applying your makeup, says Dr How. Doing it the other way around can cause makeup particles to transfer onto the lens and enter your eyes, leading to eye infections.

8

USING WET FINGERS TO PUT ON CONTACT LENSES

Our hands are never perfectly sterile. So before putting on your contact lenses, wash your hands with soap and water to get them reasonably clean. Some bacteria can still be transferred when you put on your contact lenses, and the risk is somewhat higher if your hands are wet.

"Dry your hands before wearing your lenses," Dr Por says. "Also, if your hands are wet, the lenses have a tendency to stick to your fingers and it may be more difficult to put them on." **SH**

CONCEPTION MISCONCEPTIONS

We debunk 12 common myths about fertility and getting pregnant.

BY SASHA GONZALES & DELLE CHAN

Our experts



Dr Ann Tan,
obstetrician and
gynaecologist at
Women
& Fetal Centre



Dr Seng Shay Way,
specialist in
obstetrics and
gynaecology at
Raffles Fertility
Centre



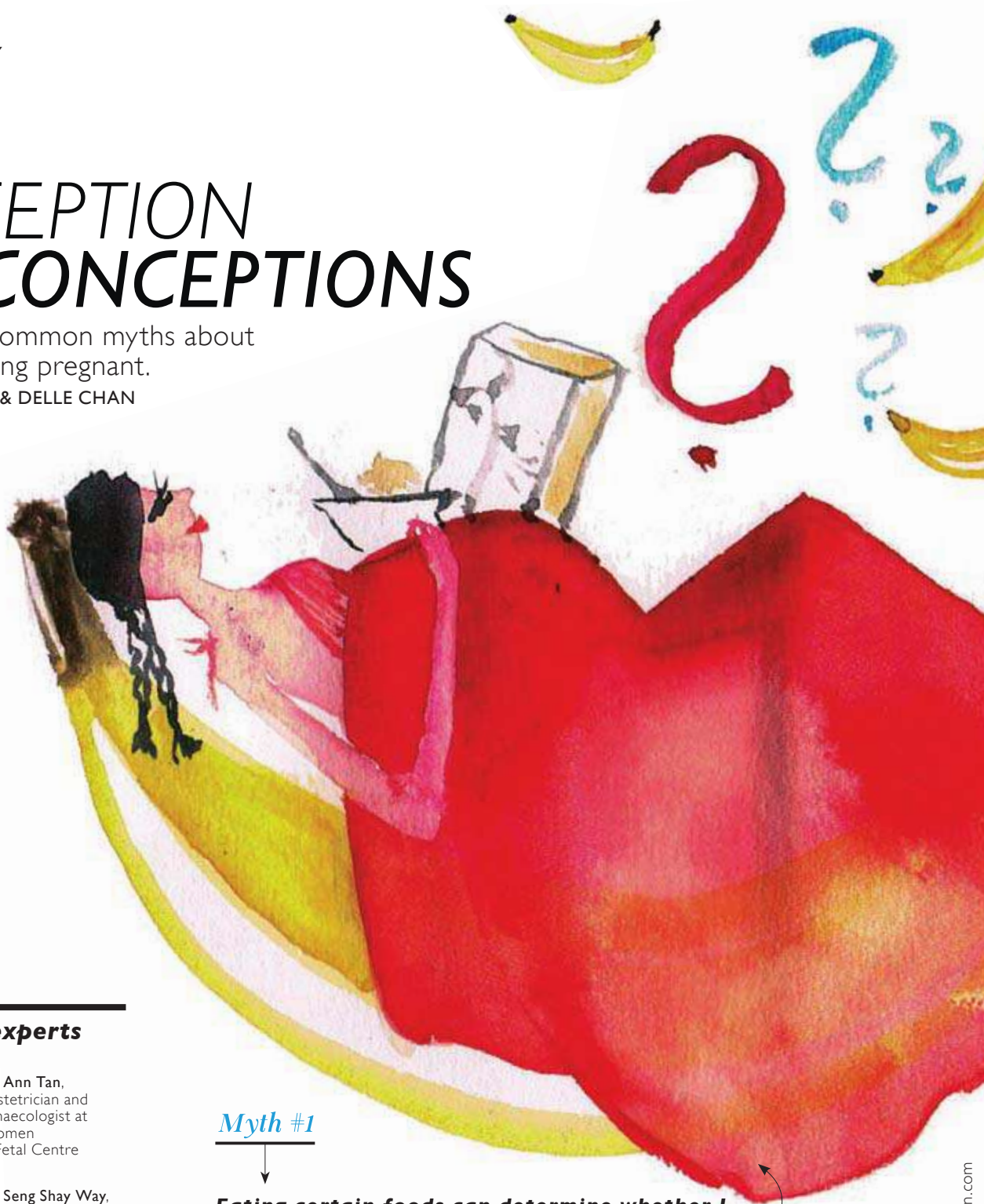
Dr Alex Doo,
honorary consultant
of Matilda
International
Hospital, and director
of The IVF Clinic and
The Women's Clinic,
Hong Kong

Myth #1

Eating certain foods can determine whether I have a boy, a girl, or twins.

Some people believe that you should consume yams if you want to have twins, a lot of veggies if you want a girl, and more potatoes and bananas if you want a boy.

None of this is true, says Dr Seng Shay Way, specialist in obstetrics and gynaecology at Raffles Fertility Centre. "It's an old wives' tale that foods high in calcium and magnesium will lead to the conception of a girl, and that foods rich in potassium will lead to the conception of a boy. Nor is there any evidence to suggest that eating yams will give you twins." If you are trying to fall pregnant, you should follow a healthy and well-balanced diet so that you don't miss out on any important nutrients.





Myth #2

My husband's health, weight, and drinking and lifestyle habits don't affect our ability to have a baby.

Your husband's health is important because it impacts the quality of his sperm, says Dr Ann Tan, obstetrician and gynaecologist at Women & Fetal Centre. His weight, overall health, diet, stress levels and lifestyle habits therefore influence your chances of having a baby.

Myth #3

Eating or abstaining from certain foods can improve my chances of conceiving.

You may have heard that drinking too much coffee is associated with infertility, but there is no evidence to confirm this link, says Dr Seng. "It's generally considered safe to consume 200-300mg of caffeine daily while trying to conceive," he points out.

Conversely, consuming antioxidant-rich foods will not help boost your fertility. "Free radicals, which are the waste products from your cells, may be toxic to eggs and sperm. As such, many women believe that a diet rich in antioxidants – which reduce the oxidative stress brought on by these free radicals – can improve fertility. However, evidence to support this is currently limited," says Dr Seng.

Myth #4

Using lubricant during sex will not affect my chances of getting pregnant.

In general, lubricants might adversely affect the sperm, although there are special formulations that do not, says Dr Alex Doo, honorary consultant of Matilda International Hospital, and director of The IVF Clinic and The Women's Clinic in Hong Kong. So read the label on the product carefully before using it.

Myth #5

Some of the women in my family had kids in their 40s – so I should be able to conceive in my 40s too.

No two women are the same in this aspect, so what worked for the other women in your family may not work for you. "Do not take your fertility for granted. Each one of us is created differently, so just because they had no difficulty conceiving in their 40s, does not mean that you will fall pregnant easily at that age, too," says Dr Tan.

A woman's fertility starts declining rapidly from the age of 37, so if you want to have a baby, your best bet is to start trying well before this age.

Myth #6

I conceived my first baby easily, so the next pregnancy should be a breeze.

This is not always true, says Dr Doo. You are older the second time around, so age might be a factor in whether or not you conceive. Other factors may also have changed since, or you may have just been lucky the first time around.

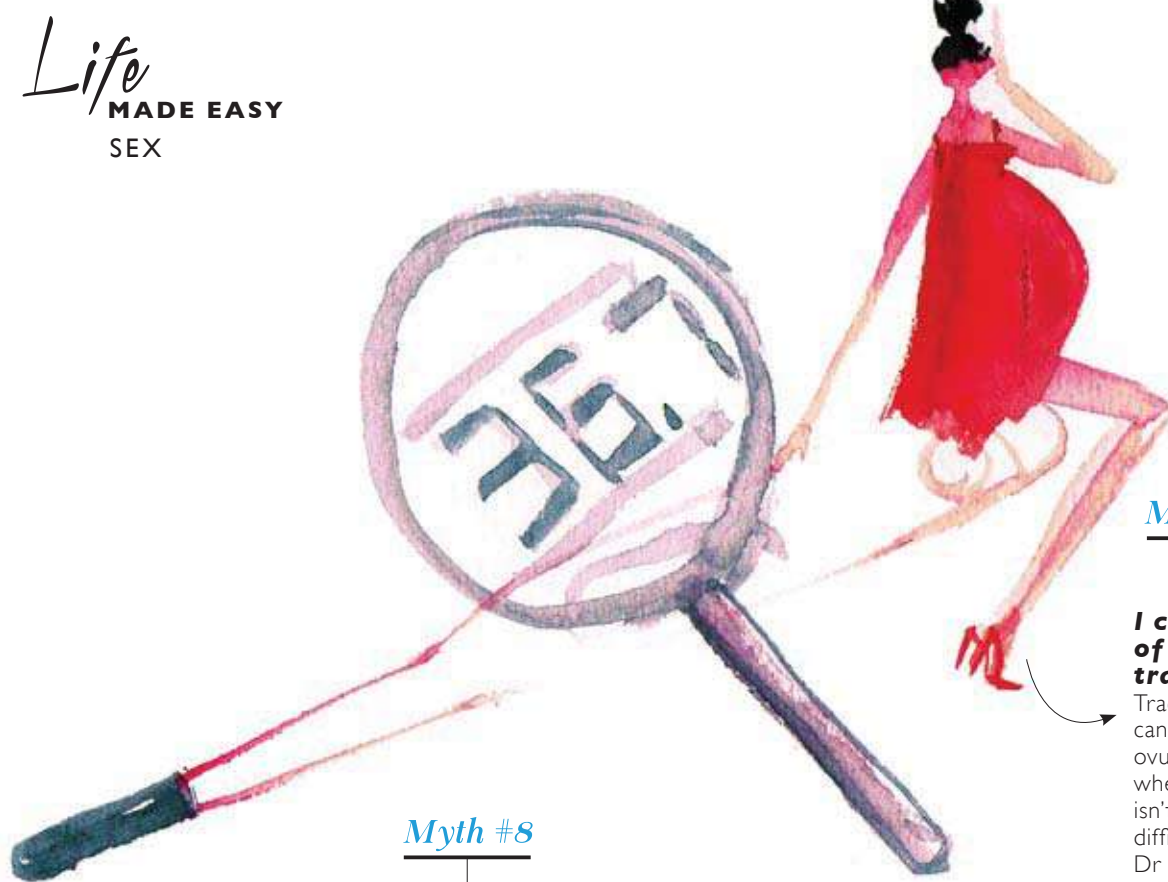
Myth #7

Lifting my legs up after having sex will help me to conceive.

It's a common belief that this will encourage semen flow into your cervix. But there's really no need for you to do anything at all. In fact, your best bet would be to lie still for a while, says Dr Tan.

"Simply staying in a horizontal position for about 30 minutes would allow the semen to pool in your cervix, and from here, the sperm are in a good position to make their way upwards," she explains.





Myth #8

I should have sex on the 14th day of my menstrual cycle, which is when I ovulate.

While it is true that you should time intercourse around your ovulation to increase your chances of conceiving, fertility windows differ from woman to woman. "Not everyone has a 28-day cycle, so having sex on the 14th day of your cycle isn't always optimal," says Dr Seng. Typically, ovulation takes place about two weeks before your period, so if you have a 32-day cycle, you can expect to ovulate around day 18.

Myth #11

I can raise my chances of being pregnant if I track my temperature.

Tracking your temperature can help define when you are ovulating and let you know when you are fertile, but it isn't foolproof and is quite difficult to do correctly, Dr Doo says. Ovulation prediction kits are easier to use and more accurate.

Myth #12

I should keep trying for at least a year before seeking fertility help.

According to Dr Doo, the medical definition of infertility is the failure to get pregnant within one year despite regular intercourse without contraception. However, if there are other known issues, such as ovulation problems or poor sperm quality, you should seek help as soon as possible.

Furthermore, if you are older than 35, you should seek fertility help after six months of trying, and if you're over 40, get help after trying for three months, as success is very much dependent on age.

"Getting checked for any problems early is always wise," Dr Tan adds. "It may not mean that you require help. It could just be that you need reassurance and some pointers." **SH**

Myth #9

It takes a long time to get pregnant after stopping birth-control pills.

Not necessarily, says Dr Tan, as some women are immediately fertile once they stop taking the Pill. Dr Doo agrees. "Research has shown that 50 per cent of women fall pregnant within the first three months of stopping the Pill, and most fall pregnant within a year."

Myth #10

If my hubby has had a child in the past, he can't be the reason we are infertile now.

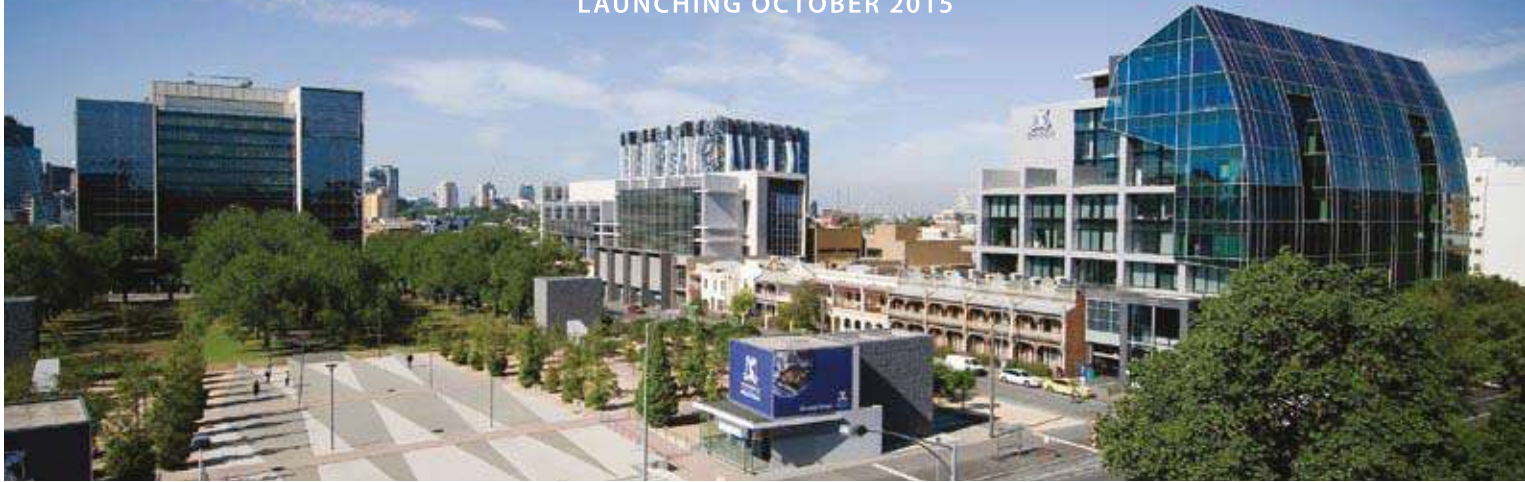
"This is not always true, as male fertility changes over time," says Dr Doo. "In fact, about one-third of fertility problems are due to male factors. A simple semen analysis would be able to determine if your husband has any fertility issues."



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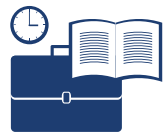
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Now Trending

From calligraphy to gardening, these hobbies and workshops are fast becoming avenues to get creative.

BY VERONICA CHNG



Modern Calligraphy

WHAT: Put pen to paper and create beautiful invitation cards, thank-you notes, and even scrapbook layouts. During the three-hour beginner's class, Pauline Ibarra, trainer and self-taught calligrapher at Happy Hands Project, will cover the basics of pointed pen calligraphy – the type of calligraphy we use for cursive writing.

She will introduce the different tools, show you how to handle the pen and explain the concept of pointed pen calligraphy. Legibility, consistency and correct letter forms are also covered. At the end of the workshop, you get to take home a curated kit to practise. Classes are kept to a maximum of 12, so each participant can get personalised instruction.

WHERE: Coffeemin, #02-33 Clarke Quay Central, 6 Eu Tong Sen Street.

WHEN: One to two workshops a month; subscribe to the newsletter at www.happyhandsproject.com to be notified of upcoming classes.

COST: \$140, which includes a tool kit and lunch.



Indoor Gardening

WHAT: Don't have a garden? That shouldn't stop you from growing your own herbs. At the Singapore Botanic Garden's High-rise Edible Gardening Made Easy workshop, you will learn to work around the common challenges of indoor gardening, such as limited space and low lighting.

The class focuses on the use of a portable hydroponic system, with demonstrations on how it works, as well as how to prepare and maintain a hydroponic kit. You'll also learn which plants thrive indoors, be shown how to grow edible plants using a soil-free approach, and discover innovative ways to propagate and display your plants.

WHERE: Singapore Botanic Gardens

WHEN: Oct 17, 10am-1pm.

Register at www.sbg.org.sg, e-mail nparks_sbg_edu@nparks.gov.sg, or call 6471-9961/6465-0196.

COST: \$50, which includes all materials. No bags will be provided so bring along your own to lug home the materials.



Perfume Making

WHAT: In this workshop at Jetaime Singapore, you get to customise your own perfume, as well as learn basic perfumery concepts such as scent descriptors or notes, and the fragrance wheel that categorises a scent's character (woody, oriental, floral, fresh or citrus, or a mixture).

You first take a test to discover your perfume personality before going on to design three unique sample-sized scents (10ml each), choosing from 400 natural ingredients, from sandalwood to neroli, patchouli, rosewood and musk. Instructor and owner Prachi Saini Garg is on hand to suggest ingredients that match your scent preferences or that help balance out your perfume.

You even get to take away a full-size version of your favourite blend in a 75ml hand-polished crystal bottle. The class is limited to a maximum of five participants.

WHERE: #26-03 The Makena, 125 Meyer Road, tel: 9181-4871. Log on to www.JeTaime-Singapore.com for more information.

WHEN: Daily; call to check for course availability.

COST: \$125 for the 1.5-hour beginner's workshop; \$225 for a three-hour perfumery course.



Typesetting

WHAT: An introductory class to letterpress printing and basic typesetting, the three-hour workshop at Typesettingsg teaches the basics of typography, the anatomy of a type and the tools used. It's a good starting point for those keen to take on their own creative projects like greeting cards, personalised stationery, wedding invites and business cards.

You'll pick up the craft in stages – from layout to printing – and even get a chance to operate the printing press at the studio. Participants get to keep their creations and as a bonus, they can return to the letterpress studio to make use of the press – just be sure to reserve a slot.

WHERE: Typesettingsg, #02-48, 195 Pearl's Hill Terrace.

WHEN: For course availability, e-mail typesettingsg@gmail.com.

COST: \$100, which includes all course materials.



BRING OUT THE COLOUR PENCILS

Call it a childish endeavour if you like, but colouring is now hot among grown-ups. Think pretty illustrated forests, flowers and gardens, intricate patterns, beautifully rendered cityscapes and idyllic dreamscapes.

It's so popular that adult colouring books have outsold big-name authors on Amazon's bestseller lists. Case in point, the first print run of Scottish illustrator Johanna Basford's *Enchanted Forest* – almost 226,000 copies – sold out in weeks. And her first

colouring book, *Secret Garden*, has sold 1.5 million copies since its 2013 release.

Colouring enthusiasts find it useful for de-stressing or practising mindfulness. It's also a creative activity that can be solitary or social. Colour any time, anywhere, for that momentary escape from the humdrum.

TRY IT! *Enchanted Forest* (\$23.60) and *Secret Garden* (\$28.90), from Books Kinokuniya; *Fantastic Cities*, US\$14.95 (\$21), from Chronicle Books, www.chroniclebooks.com.





AUSTRALIA

YOUR NEXT HOLIDAY, UNPLUGGED

Studies show that we check our smartphones more than 150 times a day on average. Wouldn't it be nice to disconnect – no text, e-mail or social media – just for a while? **DELLE CHAN** susses out five resorts to head to for a digital detox.

Lizard Island Resort
PMB 40, Lizard Island,
Queensland 4871, Australia

— www.lizardisland.com.au

The beach resort at Australia's northernmost island doesn't have a device-free policy, but there's no mobile phone coverage, so you're forced to switch off your devices anyway. The guest lounge does have complimentary Internet access, but you'd do better exploring the great outdoors instead.

Lizard Island lies in the middle of the Great Barrier Reef, so that means plenty of snorkelling and diving. You can even take a ride out to sea on a glass-bottomed boat.

On land, engage in activities like self-guided nature walks, tennis, and picnics on private beaches, to name a few. Or unwind at the resort's brand-new Essentia Day Spa, which uses products from luxe Parisian skincare brand La Biosthetique.

How much: Rates for a twin-share Garden Room start from A\$1,699 (S\$1,708) a night, but expect to pay more – from A\$1,759 – during the high season (usually from Dec 18 to Jan 10).

JAPAN

Retreat Kushunada 35-10 Nishiyama-cho, Atami, Shizuoka 413-0034, Japan

— www.kushunada.jp/eng.html

Retreat Kushunada is one of the few resorts in the world offering a dedicated digital detox programme, held once a month. You surrender all your electronic devices (watches included) when you check in, and the items will be returned to you only at the end of the programme, or in an emergency.

Tokyo is a 50-minute train ride away, but the resort, which is flanked by mountains and rivers, feels worlds apart from the buzzing Japanese capital. There's a sense of being suspended in time – and not only because there aren't any timekeeping devices around. It might also stem from the fact that you're housed in a traditional tatami-style room, with an old-school cypress bathtub to boot.

You're also encouraged to take things slow – really slow. Activities on the itinerary include tea ceremonies, meditation exercises, stretching on the beach at sunrise, as well as a leisurely walk through Atami town.

How much: The two-day, one-night programme costs 23,000 yen (\$254) a person, excluding taxes.



Arkaba Wilpena Road, Hawker, South Australia 5434, Australia

— www.arkabastation.com

No TV, internet access or mobile phone coverage. That's how off-the-grid you'll be at this rustic homestead nestled in the Flinders Ranges. What you'll get instead: more than 24,200ha of wilderness, shared with just 10 other guests. Now, how's that for exclusivity?

Explore Australia's iconic bush landscape through guided walks and safari drives in open-top vehicles. Get up close with critters such as the red kangaroo, common wallaroo, and – if you're lucky – the endangered yellow-footed rock wallaby. Or you can hire a personal plane to get a

bird's-eye view of the Flinders Ranges and the massive salt pans of Lake Torrens.

A visit to South Australia isn't complete without sampling its produce. At Arkaba, you'll enjoy hosted three-course dinners featuring gourmet dishes made from local ingredients. Wash it all down with tippie from the resort's cellar, which showcases some of the region's best wines.

How much: From A\$816 a night for each adult, including meals, beverages and daily guided wilderness safaris.



WHY DO A DIGITAL DETOX?

Dr Lim Boon Leng,
a psychiatrist from
Gleneagles Hospital,
tells us why it's a
good idea.

"The information overload of our digital age means we have more things to think about. Work has also become more portable – we constantly check e-mail messages on the go," he says.

"Going digital-free makes you more aware of your surroundings. It allows you to rest, de-stress and communicate better. You might also end up feeling less attached to your devices."

If you can't do a digital detox retreat, Dr Lim says you can designate digital-free hours within your day, or digital-free areas within your house. "For example, avoid using devices during dinner, or ban them from the bedroom."



CAMBODIA

Nomads Land *Koh Totang, Koh Sadach Archipelago,* *Sihanoukville, Cambodia*

www.nomadslandcambodia.com

It's back to basics at Koh Totang, a rugged, unspoiled island still untouched by modern civilisation. It's so remote that there's only one guest house on the island – Nomads Land, which comprises just five bungalows.

Don't expect Wi-Fi, TV or even running water and electricity here. Everything at the eco-retreat is powered by solar panels, and drinking water is filtered from rainwater – you're even given a sterilised, reusable water bottle to use during your stay.

Spend the hours revelling in the natural wonders of the island. Koh Totang is just 500 sq m in size, so you can easily take a 20-minute hike through lush jungle to reach the private beach located on the other side of the island. The guest house can also arrange boat trips out to neighbouring islands, where you can snorkel and fish.

Of course, there's the option of relaxing in a hammock on your own private terrace and soaking up the stunning sea view. Sure sounds like paradise to us!

How much: From US\$90 (\$126) for a bungalow for two.



**SHE
TRIED
IT!**

"I was forced to do a digital detox when I visited my uncle's summer cottage in Finland. I was taken aback to learn he didn't have Wi-Fi or even a television set.

The beautiful frozen lake in front of the cottage made me want to take photos for my social-media pages, so I was disappointed that I couldn't do so.

But once I got over that, I began to appreciate the beauty of my surroundings.

No Wi-Fi also meant I had no Whatsapp, no e-mail and so on. I spent my time playing card games with my aunt and uncle, and enjoying their Finnish way of life: daily saunas followed by ice-cold drinks after. It's something I want to do again." – Cheryl Leong

PHILIPPINES

Mandala Spa & Resort *Villas, Boracay, Philippines* *Station 3, Barangay Manoc-Manoc,* *Boracay Island, Malay Aklan* *5608, Philippines*

www.mandalaspaandresortvillas.com

The award-winning, eco-friendly resort in Boracay offers several garden-facing and pool-facing villas, including five Digital Detox Villas (yes, that's what they're called). These villas are devoid of television sets and Wi-Fi access, to ensure you have a meditative and restful stay.

You're surrounded by 2.5ha of lush foliage, and the pristine shores of Boracay's popular White Beach are just a five-minute walk away. When you're done lazing by the water, head to the in-house Mandala Spa for traditional Philippine treatments, or sign up for yoga, fitness and dance classes at The Vessel – a bamboo dome in the resort constructed from organic materials found on the island.

How much: US\$180++ a night, inclusive of daily breakfast for two, daily yoga classes for two, and 10 per cent off all spa services.





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CLICK AWAY

This unusual-looking mouse is meant to be a more ergonomic option for users. SMITA WEE reviews it.

WHAT IT IS

The wireless mouse is taller and bulkier than a regular mouse, to keep your arm in a neutral position and your shoulder relaxed so you don't tire with prolonged use. Instead of resting your fingers on it, hold it like a slim cup, with your fingers controlling buttons on the right, while your index finger moves the scroll wheel. It has a button to adjust its sensitivity, so the cursor can move more with smaller mouse movements.

USING IT

- I got used to the unusual way of holding and moving the mouse after an hour, and the bulkiness and irregular shape no longer bothered me. It's a tad heavier than a regular mouse, but it didn't feel harder to move.
- I liked that I could rest the side of my wrist on the table, and found it more comfortable to use a mouse this way.
- I didn't need a mousepad – the mouse glided smoothly over my tabletop.

WHAT COULD BE BETTER

- The scroll wheel doesn't move the cursor left and right across the screen, which would have been useful when browsing websites.
- A better grip would help – my hand slipped occasionally despite the rubber coating. In a bid to grip it more tightly, I unintentionally pressed the right-click button, which brought up a menu of additional options.



Human Ergonomics
Ergonomic Vertical Mouse,
\$149, from Ergoworks and
www.ergoworks.com.sg



"The most comfortable mouse I've ever used – no wrist cushion or mousepad needed."

– Smita

PERFECT, FLUFFY RICE

Is a fancy induction pressure rice cooker all that much superior to a regular rice cooker? MIA CHENYZE tries it out.

THE RICE COOKER

Two key technologies belie the Cuckoo Induction Heating Pressure Rice Cooker CRP-HZ0682FR, a game-changing rice cooker from Korea: induction heating and pressure cooking. Induction technology heats up the whole inner pot – instead of just the bottom layer – for more even cooking. Pressure cooking makes quick work of tenderising tough cuts of meat, which saves energy. While there is little difference in cook time for white rice, cooking brown rice is significantly faster at 50min – 20-30min quicker than conventional machines.

It has 12 programmes that cater to a whole spectrum of rice cooking (including the Korean classic, scorched rice!) as well as fermenting and baking bread. There's also a catch-all Multi-cook function for steaming and braising.

PERFORMANCE

Many rice cookers offer functions for cooking sushi and brown rice, but they don't always work – the grains turn out mushy or clumpy, or brown rice remains gritty. But the Cuckoo proved our reservations unwarranted. We got glistening,

pearly grains of sushi rice and just-tender brown rice. Jasmine rice and basmati rice were just as perfectly executed.

What really impressed: It made quick work of beef stew, rendering 1kg of tough shank into supple meat, and coaxing flavours into a full-bodied stew in two hours. This is truly a convincing example of the benefits of pressure cooking, without the paranoia over exploding vessels, thanks to the multiple safety features.

FEATURES

In spite of its puny size, the appliance packs in a 1-litre capacity – that's up to four cups of sushi rice and 10 cups of glutinous rice. The voice guide – in English, Mandarin or Cantonese – got on my nerves but I took care of that by muting it. The digital display is generally easy to navigate, although I found it tedious to cycle through the long list of programmes.

What I found lacking was that the names of the cooking programmes weren't very specific, and the instruction manual did little to alleviate the confusion. I struggled to figure out which function to use for regular white rice, and subsequently found out from the distributor that

I should be using the Glutinous Rice mode for jasmine and basmati rice, the Gaba mode for brown and multigrain rice, and the Mixed Rice mode to cook rice with meat and vegetables.

The inner pot is a breeze to wash, and the drainage dish (which catches condensation when the lid is opened) is easy to remove and clean. The Auto Clean function is also great for clearing the steam vents of rice water or braising liquid.

VERDICT

Making sense of the programmes can be a little daunting, but once you have that out of the way, this rice cooker is well worth the investment.



Cuckoo Induction Heating Pressure Rice Cooker CRP-HZ0682FR, \$749, from major department stores

Getting Out

Wits, cooperation and luck are what you need to win an escape room game, where your team needs to solve a series of puzzles.

SMITA WEE leads her group on six adventures.

How to play

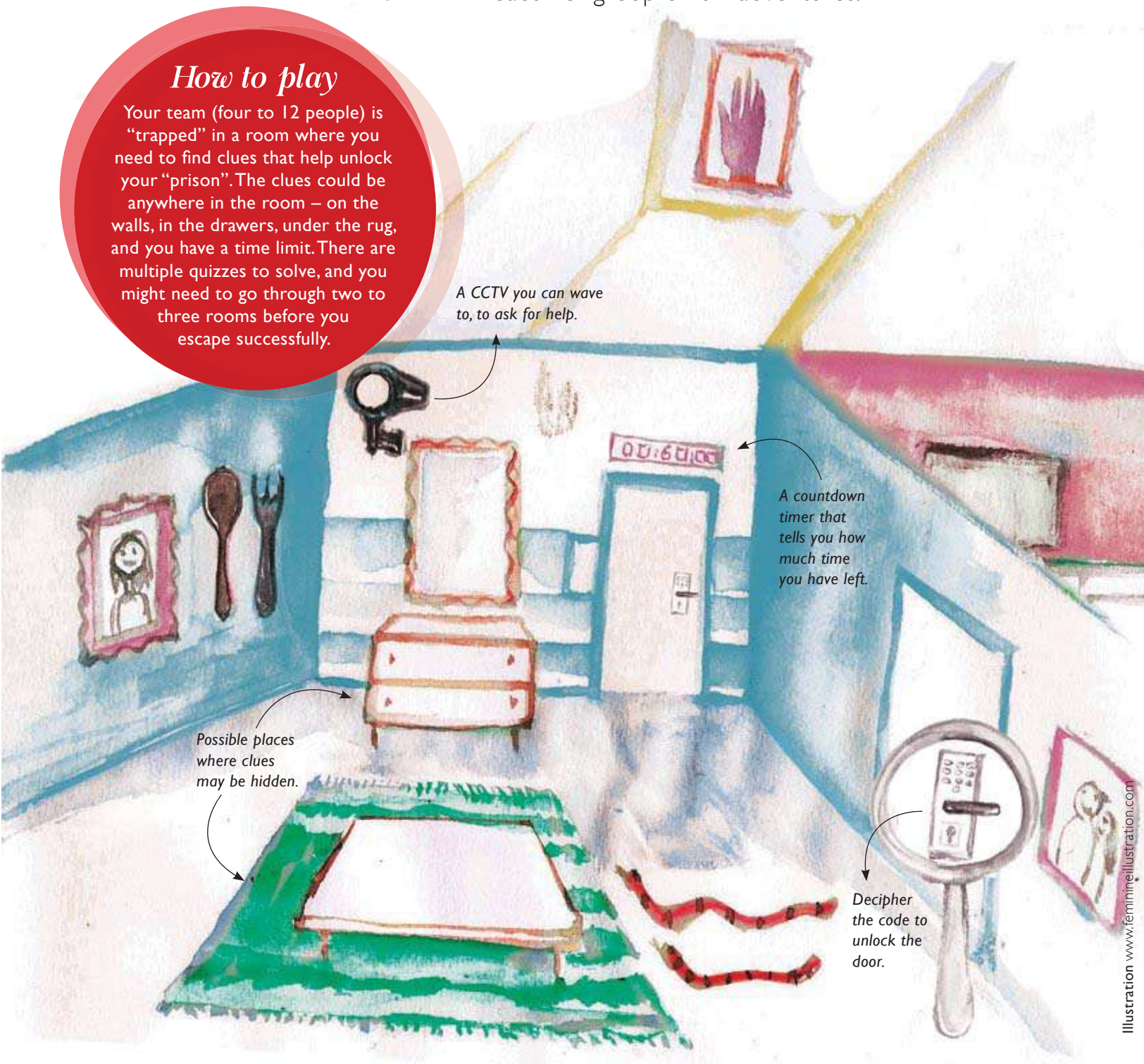
Your team (four to 12 people) is “trapped” in a room where you need to find clues that help unlock your “prison”. The clues could be anywhere in the room – on the walls, in the drawers, under the rug, and you have a time limit. There are multiple quizzes to solve, and you might need to go through two to three rooms before you escape successfully.

A CCTV you can wave to, to ask for help.

A countdown timer that tells you how much time you have left.

Possible places where clues may be hidden.

Decipher the code to unlock the door.



SimplyHer
EDITOR'S
RAVE

Lost SG

#03-01-03 Peace Centre, 1 Sophia Road, tel: 6717-1688, www.lost.sg.
From \$20.90/pax.

ROOM WE TRIED Exodus

TIME LIMIT 60 minutes

THE SCENE The artefacts fitted the ancient Egyptian theme well, although the automated doors and LED torches gave the scene a modern edge.

FUN FACTOR So much teamwork was required that it made the game exceptionally fun – everyone was involved all the time. It deserves special mention for its high-tech features like a laser-wired harp, a statue and door that moved when we solved the puzzles, and a sound-sensitive door that opened when we shouted loud enough – we didn't have anything like these in the other games.

DID WE SUCCEED? Yes. There were three stages to get through and the second stage was slightly more difficult than the other two. We called for help only once to get started and managed to handle the rest on our own. There were minimal hiccups and we progressed smoothly – the puzzles were doable but not too easy.

VERDICT Highly recommended for a balanced dose of fun and brainwork.

9.5



Exodus

SimplyHer
GREAT
FIND

Xcape

Level 3 Bugis Village, 158B Rochor Road, www.xcape.sg. From \$22/pax.

ROOM WE TRIED Chamber of Secrets (Season 1+)

TIME LIMIT 60 minutes

THE SCENE The setting was realistic, with the use of appropriate props. It was truly a chamber of secrets as we couldn't decipher the codes.

FUN FACTOR It was a fight against time as we were engrossed in solving the puzzles. It was also different from the other escape rooms as we had to climb, crawl and slide.

DID WE SUCCEED? No. Although there were only two stages, we struggled from the beginning. Despite being told where to start, we couldn't find our first clue until we called for help. After unlocking the first stage, we were completely dumbfounded by all the clues in the second stage – we did not know where to begin or how to connect the clues on the walls, tables and shelves. It was too hard but extremely fun.

VERDICT Highly challenging, with a physical workout thrown in.

9



Chamber of Secrets



The Forsaken Vault

The Escape Artist

#01-01, 52A Prinsep Street, tel: 6883-1540, www.theescapeartist.sg.
From \$20.90/pax.

ROOM WE TRIED

The Forsaken Vault

TIME LIMIT 50 minutes

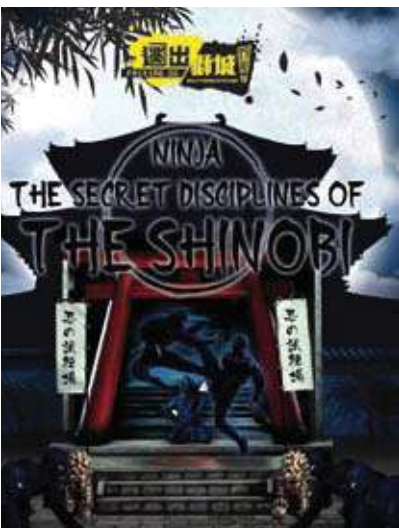
THE SCENE We depended on kerosene lamps to light the way and search for clues, which made me feel like I was sneaking into a vault (although the setting could have been more realistic), hunting for treasure.

FUN FACTOR We began by splitting into two groups, entering two separate rooms. Each room had a different set of clues that would help the other group open its doors. We ended up shouting across to each other, discussing the possible answers, which really made it more fun.

DID WE SUCCEED? No, although we were very close. We made it through the first stage, but the second stage proved too difficult for us, even with the unlimited helplines.

VERDICT Interactive, exciting and thrilling.

8.5



SimplyHer
GREAT
FIND

Freeing SG

#03-04/05 The Cathay,
tel: 6737-7888,
www.freeingsg.com.

From \$20/pax.

ROOM WE TRIED

Ninja: The Secret Disciplines of The Shinobi

TIME LIMIT 45 minutes

THE SCENE I almost felt like a ninja-in-training, with the Japanese scrolls, kabuki masks, a dog-eared manual with yellowed pages and even a human-sized Japanese swordsman in the rooms.

FUN FACTOR It was very engaging. We had to support each other (almost literally) in order to move on to the next stage. The most exciting part was travelling between the two stages: We boarded a cart and were pushed through a pitch-dark tunnel to the next room. Talk about exciting!

DID WE SUCCEED? Yes, and with 8 minutes 15 seconds to spare. There were just two stages: We easily cleared the first stage where there was only one puzzle to solve. The second stage, however, was more difficult. There were four puzzles to solve before we could escape. Luckily, the clues were reasonably hidden. Be warned, though, that you have to be very observant as the clues are easily overlooked.

VERDICT If you're up for intellectual challenges, you'll appreciate this.

8.5



Trapped

42 Kandahar Street,
tel: 6292-2177, www.trapped.sg.
From \$22/pax.

ROOM WE TRIED

Hunger Games: The Escape

TIME LIMIT 60 minutes

THE SCENE Wallpapered walls and dimly lit hallways reminded me of Katniss' (the protagonist in The Hunger Games series, which this game is modelled after) house. Most of the props were well-made and looked believably aged.

FUN FACTOR We went into a frenzy in each room, frantically opening drawers and flipping over everything, searching for clues and discussing possibilities. It was stimulating and we had to brainstorm quite a bit to crack the quizzes – very enjoyable.

DID WE SUCCEED? No. We lacked the crucial clue that would have let us into the final room – it was too well-hidden. Some movie knowledge would have increased our chances of escaping.

VERDICT Good for a fun, light-hearted team-bonding session.

8

SimplyHer
GREAT
FIND

Roomraider

#05-45 Orchard Central,
tel: 6636-8470,
www.roomraidersg.com.

From \$22/pax.

ROOM WE TRIED

Where's Cuddles?

TIME LIMIT 45 minutes

THE SCENE I had imagined a teddy bear factory to be filled with machines, pendant lights and display cabinets, but there were none of these.

It was a bright room with colourful walls and racks of teddy bears.

FUN FACTOR I liked the idea of a room filled with stuffed bears to help us make it to the next stages but it was nothing too thrilling, even though the difficulty level was reasonable. There was a fair amount of thinking and trying to figure our way through the stages. It was relaxing and enjoyable, despite the race against time.

DID WE SUCCEED?

Unexpectedly, no, even though the light-hearted feel of the room made it stress-free.

VERDICT A family-friendly theme that parents and young children can enjoy.

7.5

Where's Cuddles?





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Deluxe Room



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Family Suite

Perfect shopping & dining getaway for families

Located at the entrance of Orchard Road, the 388-room Mediterranean-style Orchard Parade Hotel is just a walk from major shopping malls such as ION Orchard, Ngee Ann City, Mandarin Gallery and Paragon. Unwind and relax after a day of shopping at the hotel's rooftop swimming pool.

Be spoilt for choice with 8 dining options within the hotel. Indulge in tantalising food ranging from Japanese, Italian, Chinese and Western. For nature lovers, UNESCO Heritage Site, Singapore Botanic Gardens is just a stroll away.

The hotel boasts spacious family rooms and suites ranging from 50 – 60 sqm for optimal comfort, ideal for family getaways.

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www.stayfareast.com

ORCHARD PARADE
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Mean, Clean Machine

Can't stand the sight of dust? MIA CHENYZE gives the low-down on two new canister vacuum cleaners that can help you.

LG CORDZERO CANISTER

\$1,119, from major electrical stores

THE MACHINE The cordless, bagless canister vacuum cleaner has motion-tracking Robosense technology so it moves along as you move. It does a full charge in four hours; each charge lasts about 40 minutes.

PERFORMANCE It sucked up dust and flour well but merely pushed larger crumbs forward. I had to place the floor nozzle in front of the crumbs and pull it towards me instead. But it glided more smoothly over carpets than the Tefal vacuum cleaner.

ERGONOMICS

I liked that the power switch and suction adjustment buttons are within easy reach at the top of the handle. And it felt weightless, although I had to tug a bit to extend the handle. A dust bin with a larger mouth would make emptying it easier, with less dust balls left behind.

NOISE It's relatively quiet, with a low hum that's easy on the ears.

VERDICT A good dust-guzzler that's quiet and conveniently cordless.

8

SimplyHer
EDITOR'S
RAVE

TEFAL SILENCE FORCE MULTI-CYCLONIC BAGLESS VACUUM CLEANER

\$699, from major electrical stores

THE MACHINE An eco-efficient bagless machine that uses less energy (1,100 watts) to deliver the cleaning prowess of a 2,100-watt machine.

PERFORMANCE It picked up dust and powder as well as the LG Cordzero Canister and was also effective with bigger crumbs. But I got a workout using it on carpets, even though I switched to the carpet mode and used the carpet-suction nozzle. The suction was so strong that I had to forcibly push it across the carpet, and strain to grasp the handle at a lower angle.

ERGONOMICS

The power switch isn't on the handle, making it a hassle to turn off.

All the attachments can be fitted on the main body as one long chain, so you'll never lose them. Emptying the dust bin was a breeze – detach it from the vacuum cleaner, then push to flip up the lid and empty it.

NOISE The motor was louder than that of the LG machine. And it didn't help that a stream of warm air came out of the canister, making vacuuming even hotter.

VERDICT It's not so ideal for carpeted homes, but is good for heavy-duty cleaning.

7.5

SHARP PROSPECTS

Larger than a paring knife, a utility knife is handy for slicing and dicing veggies and fruits. CHERYL LEONG puts five to the test.

ZWILLING J.A. HENCKELS TWIN FOUR STAR II

\$148, from Tangs Orchard

It was the lightest knife in the line-up but still felt stable and comfortable. A slight sawing motion got the serrated blade through food. It was a breeze to slice and dice with it, although it sliced oranges best, needing barely any pressure to cut through them.

VERDICT Well designed, particularly good for fruit with thick skins.

8.5

GIESSER MESSER PRIMELINE CHEF UTILITY KNIFE

\$19.20, from Tott

The textured, rubberised handle was sturdy but slightly sticky when wet. The stickiness didn't bother me, but the protruding heel of the handle made it hard to cut smaller items. It was tricky to dice carrots, onions and garlic as the joint between the handle and blade got in the way. It also wobbled slightly when halving oranges.

VERDICT An average knife – it was let down by its poor handle design.

6.5

SimplyHer
GREAT
FIND

ATLANTIC CHEF PRECISION 13CM UTILITY KNIFE

\$20.60, from Tott

The rubberised handle was slim but my index finger felt awkward on the finger guard. It cut almost as well as the Global knife – it was easy to control and glided through food cleanly, with nary a wobble.

VERDICT An excellent knife that's versatile and great value for money.

8

WMF UTILITY KNIFE GRAND CLASS

\$129, from Tangs Orchard

This knife is the heaviest in the line-up, but the curved handle fitted my hand snugly. I liked that the finger guard didn't cut into my thumb and finger. I had to apply more force when I was slicing carrots and halving onions and oranges, but it cut other foods cleanly.

VERDICT Cuts smaller, softer items well.

7

SimplyHer
BEST
VALUE

SimplyHer
EDITOR'S
RAVE

GLOBAL GSF-22 11CM UTILITY KNIFE

\$79, from Tangs Orchard

It's the only knife with a seamless stainless steel handle so food never gets trapped in the joint. The round perforations make it slip-proof. It was the most versatile, making clean, precise cuts in carrots, onions, garlic, apples and oranges.

VERDICT An impressive, efficient and razor-sharp all-rounder worth every cent.

9



SCAN HERE
for tips on
how to choose
a good knife.

Taking the Wheel

From aesthetics to practical and smart features, *Simply Her* readers tell us what they want in their perfect family car. BY MIA CHENYZE

62%
BOOT SPACE

Women want to be able to easily fit a regular-sized pram, shopping bags and groceries without having to rearrange the boot every single time.

CHECK OUT: HONDA HR-V LX, from Kah Motor

Styled like a coupe but offering four-door access – rear handles are discreetly indented and set flush along the body – the Honda HR-V LX has rear seats that can be split-folded in a 60:40 division to accommodate long and narrow items, or folded down for a cavernous boot.



31% Keyless Entry

When we have our hands full and a handbag stuffed with bits and bobs, the last thing we need is to hunt for a tiny car key – no surprise why keyless entry is the most sought-after high-tech feature, followed closely by keyless ignition.



CHECK OUT: NISSAN QASHQAI 1.2L DIG-T, from Tan Chong Motor Sales

Thanks to its Intelligent Key system, proximity sensors will unlock the car once they detect the key fob in your bag or pockets.



WISH LIST

Features we hope to one day see in cars of the future:

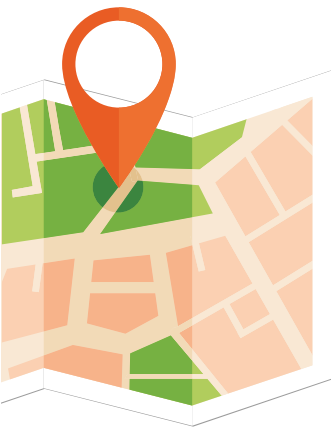
- * Auto-navigation
- * Self-parking
- * Massage Function

52% Navigation System

GPS snags the top spot, ahead of other features like blind-spot sensors, rear cameras and bluetooth. After all, who doesn't need a bit of help navigating the roads and circumventing traffic jams?

CHECK OUT: HONDA CR-V, from Kah Motor

The 2.4-litre SUV comes with the proprietary Honda Navigation System that not only maps out the best routes to your destinations but displays nearby petrol stations, ATMs and restaurants. Plus, the built-in telephone capability lets you receive calls safely while on the road.



Slick In The City

Chic, and with eco-friendly engines, the Honda City compact sedan and CR-V SUV are well suited for families and young professionals in the urban jungle.



The new Honda City has an improved 1.5-litre engine and a roomier interior and boot.

Hit the road with family and friends, with the Honda City compact sedan and CR-V SUV – two new offerings from Japanese carmaker Honda.

Stylishly designed, with sleek profiles and chic accents, the two cars look smart and sophisticated, yet are packed with practical features for a comfortable drive.

The new Honda City has been reinvented with details such as an improved 1.5-litre engine, and a roomier interior and boot – perfect for those family outings or road trips. Other “big-car” features include a 7-inch HD touchscreen audio display,



The Honda CR-V SUV now includes High Intensity Discharge headlights with daytime running LEDs, among other improvements.

keyless entry with a push-start button for the engine and a multi-angle rear-view camera for easy parking.

As for the refreshed CR-V SUV, it now has High Intensity Discharge headlights with daytime-running LEDs for improved security and visibility. The CR-V also has 60/40 rear folding seats that expand the room in the boot – giving it more than enough space to store bicycles, golf clubs and luggage. Premium features like a touchscreen infotainment system with navigation, keyless

entry, a push-start engine and a rear-view camera will delight you when you're on the go. Solidly built and powered by Honda's 2.4-litre i-VTEC engine, the CR-V has a good balance of power and fuel economy.

If you are looking to be a more energy-efficient driver, both cars deliver with Honda's eco-friendly Earth Dreams technology. Simply press the green ECON button which switches the cars into a super-efficient mode. The engine and other energy-consuming systems are automatically configured to operate more efficiently, which translates into fuel savings for you.

The best way to know these cars is to personally experience them. Visit Kah Motor showrooms, www.honda.com.sg, or call 6840-6888 to arrange your test drive today.



The CR-V's dashboard is designed to keep everything clearly visible and at your fingertips.



The CR-V's 60/40 rear folding seats mean lots of storage space.

SMART FEATURES YOU'LL LOVE

Look out for these nifty features in your next car – you'll never want to do without them again.

✱ Blind-spot Sensors

The latest blind-spot detection systems come equipped with sensors all around the car that track traffic behind it and next to it. How it works: If your turn signal is on and there is a car in your blind spot, the system will evaluate if the car is a potential threat and issue an audio alert if necessary.

CHECK OUT:

NISSAN TEANA 3.5L PREMIUM MCVT, from

Tan Chong Motor Sales

When the Teana detects a vehicle in your blind spot, it will display an alert on the main console and the indicator light (there's one on each front door) will light up. This model also comes with a lane-departure warning feature that alerts you when you stray from your lane without turning on the signal light. The Around View Mirror offers an all-round view of the vehicle and its surroundings through live feeds from four cameras – especially helpful when parking in tight spaces.



✱ Memory Seats

With this feature, you and Hubby can save your preferences – from seat inclination to distance of the steering wheel – and switch between configurations at the touch of a button.

CHECK OUT: HONDA ACCORD 2.4L, from *Kah Motor*

This sedan allows two preset configurations of up to eight seat adjustments each. Its steering wheel-mounted controls even give you the flexibility to take phone calls via the built-in bluetooth system or change your music, all without taking your hands off the wheel.



Contact the respective car dealers for prices.

✱ Sensor-activated Boot

If you often struggle to open the boot while laden with bags or a pram, you'll appreciate this handy feature.



CHECK OUT: NISSAN

X-TRAIL 2.0L ALL MODE

4X4i, from *Tan Chong Motor Sales*

The X-trail's sensor-activated tailgates mean you simply have to wave your hand (or foot, or anything, really) under the sensor for the tailgate to automatically open upwards – just make sure you have your Intelligent Key with you.

THEIR DREAM CAR

What's a family ride without some input from Junior?

Nine-year-old Kavan Ang hopes to have a protective shield over the car so his family will be safe on the roads.



Six-year-old Madeleine Goh wishes for a portable bathroom so she will never have to use a dirty one or hunt for one when she's out.

Nissan Special

FIND YOUR PERFECT CROSSOVER AT NISSAN

There is always a model for every personality.

NISSAN
QASHQAI

FOR THE INDEPENDENT GIRL-ON-THE-GO WHO LOVES HER OWN STYLE AND SPACE

Why it works: This wins over both hearts and heads with a sleek and modern design – the spaciousness, complemented by the flexibility of seats, allows you to enjoy mobility to the max. Create a wardrobe in your car to meet an extensive range of essential needs throughout the day, whether you require an outfit for a business dinner, your gym gear and a yoga mat, or a dress and heels for a girls' night out. There's even room to take your BFFs to all the hottest spots in town. This car has such gorgeous curves, you'll want to be seen in it everywhere!

What's cool: Other than the 2-litre engine, the newest addition is a 1.2-litre turbocharged engine that offers the same power as a 1.6-litre one. This could help you save on fuel and road tax without compromising on the driving experience.

FOR THE URBAN TRAILBLAZER WHO SEEKS TO STAND OUT FROM THE CROWD

Why it works: Small in size but larger than life in personality, this doesn't shy from making an impression both on the outside and inside.

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Cupcakes

Put your muffin tin to even better use with these unexpected – and delish – recipes for both savoury and sweet treats.





Apricot & Red Bean Tart

APRICOT & RED BEAN TART



By Masayuki Sogabe,
product development chef
at Kuishin Bo

Makes 6

INGREDIENTS

12 pieces gyoza pastry*
15g salted butter, *melted*
120g Japanese red bean paste*
6 dried apricots or fresh strawberries
24g cream cheese, mascarpone or ricotta
10g icing sugar

*Available at Japanese supermarkets like Meidi-ya and Isetan Scotts Supermarket.

DIRECTIONS

- 1 Preheat the oven to 200 deg C.
- 2 Lay out 6 pieces of gyoza pastry and brush with melted butter.
- 3 Top each with another piece of gyoza pastry and brush with melted butter.
- 4 Place 1 tsp red bean paste in the middle of each stack of pastry, then top with an apricot, ½ tsp cream cheese and another teaspoon of red bean paste.
- 5 Turn a muffin pan upside-down. Fit one tart into the space between four protruding moulds and lightly pinch the edges together to form a diamond-like shape. Repeat with the remaining five pastries.
- 6 Brush melted butter over the tops of the pastries. Bake for 10min.
- 7 Remove the tarts from the muffin pan and cool on a rack.
- 8 Sprinkle icing sugar over the tarts and serve.



SEAFOOD OKONOMIYAKI

By Masayuki Sogabe

Makes 12

INGREDIENTS

For the batter:

300g Morinaga hotcake mix*
3 eggs
40ml fresh or pasteurised milk
60g Kewpie mayonnaise*
260g Beijing cabbage, *roughly diced*
100g picnic ham, bacon or sausages, *cut into 1cm squares*
80g shredded parmesan, gruyere, emmental or raclette
40g spring onions, *diced*

For the garnish:

24ml okonomi, tonkatsu or takoyaki sauce*
24g Kewpie mayonnaise
12 slices pickled red ginger*
1 tsp *aonori** (seaweed powder)
2 tbsp bonito flakes

*Available at Japanese supermarkets like Meidi-ya and Isetan Scotts Supermarket.

DIRECTIONS

- 1 Mix the hotcake mix, eggs and milk together, then combine all the other ingredients for the batter.
- 2 Fill each muffin cup until ¾ full, using about 2 tbsp of batter.
- 3 Bake in an oven preheated to 180 deg C for 20min.
- 4 Set aside to cool, then remove from the muffin pan.
- 5 Brush each cake with okonomi sauce and drizzle a little Kewpie mayonnaise over.
- 6 Top with a slice of pickled red ginger, some seaweed powder and bonito flakes.



QUINOA AND BROCCOLI CAKES



By Marilyn Liew,
co-owner and chef
of Drury Lane

Makes 8

INGREDIENTS

1 cup quinoa, *rinsed and drained*
2 cups water
A pinch of salt
4 spring onions, *chopped*
3 cloves garlic, *minced*
1 broccoli, *steamed and finely chopped*
½ cup breadcrumbs
1 tbsp olive oil
½ cup grated parmesan cheese
3 eggs
½ cup fresh basil leaves, *chopped*
2 sprigs parsley, *chopped*
Ground black pepper, *to taste*

DIRECTIONS

- 1 Preheat the oven to 200 deg C.
- 2 In a pot, cook the quinoa in 2 cups of water with a pinch of salt, for 15min.
- 3 Mix the quinoa with all the other ingredients, portion into 8 muffin cups and bake for 20min.

STRAWBERRY & RHUBARB CRUMBLE



By Ng Chee Leong,
pastry chef at The
St Regis Singapore

Makes 15

INGREDIENTS

For the coconut cream:

2 large eggs
100g sugar
50ml whipping cream
(35 per cent fat)
45ml lemon juice
50ml rum
110g desiccated coconut

For the tart base:

250g icing sugar
250g butter
3 eggs
320g bread flour
320g cake flour

For the crumble:

190g butter
110g sugar
190g bread flour
70g ground almonds

For the filling:

100g frozen strawberries, *quartered*
60g frozen rhubarb, *cut into small cubes*

DIRECTIONS

- 1** To make the coconut cream, mix the eggs and sugar until well-combined.
- 2** Add the whipping cream, lemon juice and rum. Stir in the desiccated coconut.
- 3** To make the tart base, beat the icing sugar and butter until well-mixed. Add the eggs, then the bread and cake flours, and beat until well-mixed. Chill for at least 1 hour.
- 4** To make the crumble, beat the butter and sugar until well-mixed. Mix in the flour and almonds, and set aside.
- 5** To assemble, roll the tart base dough to about 3mm thickness.
- 6** Use a round cutter to cut out 15 tart bases that can fit into the muffin cups fully. Place them into the muffin cups and chill for 1 hour.
- 7** Pipe 30g of coconut cream onto the tart base. Add some strawberries and rhubarb, pipe over more coconut cream, then top it with the crumble.
- 8** Bake in an oven preheated to 180 deg C for 20min, or until golden brown.



KALE & MISO FRITTATA

By Marilyn Liew

Makes 10

INGREDIENTS

2 shallots, *finely chopped*
3 garlic cloves, *minced*
15g unsalted butter
1 bunch kale, *stems removed and roughly chopped*
½ cup reduced-fat cottage cheese
½ cup grated parmesan cheese
3 large eggs, *lightly beaten*
1½ tbsp miso paste
1 tbsp finely chopped thyme
1 tsp lemon zest
¼ tsp nutmeg

¼ tsp dried red chilli flakes (optional)
3 tbsp toasted sesame seeds

DIRECTIONS

- 1** Preheat the oven to 200 deg C.
- 2** In a hot pan, brown the shallots and garlic with butter. Remove from heat and set aside.
- 3** In a food processor, pulse the kale until finely chopped. Transfer into a large bowl.
- 4** Mix in the shallots and garlic, and the rest of the ingredients, except the sesame seeds.
- 5** Portion the mixture into 10 medium-sized muffin cups, and bake for 20min.
- 6** Let the frittatas cool before removing them from the muffin pan. Sprinkle with sesame seeds and serve.

NUTELLA CHELSEA BUN

By Ng Chee Leong

Makes an 8-inch round cake or a loaf

INGREDIENTS

For the vanilla custard cream:

2 eggs + 1 egg yolk
200g sugar
60g plain flour, sifted
45g cornstarch, sifted
1 vanilla bean
500ml milk
30g butter
500g Nutella

For the dough:

500g bread flour
30g sugar
10g salt
6 large eggs
25g yeast
250g butter

50g Nutella
50g ghee (clarified butter)*
20g icing sugar, for dusting the buns

*Available in the baking aisle of major supermarkets.

Tip: Make clarified butter by melting butter over a very low flame for 30min. After the butter separates into layers, skim away the top layer of foam and strain the butter. The strained, clear liquid is your clarified butter.

DIRECTIONS

To make the vanilla custard cream:

- 1 Whisk the eggs and egg yolk with 40g of sugar until fluffy, then add the flour and cornstarch. Set aside.
- 2 Slice the vanilla bean lengthwise into half to scrape out the paste.
- 3 In a pot, bring the vanilla paste, milk and remaining sugar to the boil, stirring constantly.
- 4 Pour $\frac{1}{2}$ of the boiled milk mixture into the egg mixture. Stir well, then pour this mixture back into the pot of milk. Return the mixture to the boil and keep stirring until it becomes watery. Remove from heat.
- 5 Mix in the butter until fully incorporated and chill for at least 1 hour. Stir in the Nutella.

To make the dough:

- 1 Mix the flour, sugar, salt, eggs and yeast in an electric mixer using the dough hook.
- 2 After 10min, check the dough by pulling it apart. Once it can be pulled thinly without tearing, add the butter and mix well. Cover the dough and rest for 1 hour at room temperature.

To assemble:

- 1 Flatten and roll out the dough to about 5mm thickness. Spread the vanilla custard cream on it. Be careful not to spread too much as it will melt during baking and affect the texture of the bun.
- 2 Cut the dough into long strips. The width of each strip should be about the same as the height of the muffin cup.

- 3 Roll the strips tightly into a cylindrical shape about 3cm thick. Chill the dough for 15min.

- 4 Coat the bottom and sides of each muffin cup with Nutella.

- 5 Cut the cylindrical dough into smaller pieces and nestle each piece inside one muffin cup.

- 6 Cover the muffin tin with cling wrap and set aside at room temperature for 30min or more, until the dough doubles in height.

- 7 Bake in an oven preheated to 190 deg C for 20min, until the crust is golden brown.

- 8 Brush a layer of ghee over the hot buns and dust with icing sugar.



Discover



Eating well is about making smart diet choices. So why not go organic and start making a lifestyle change for the better? Cost should be the least of your worries as buying organic for home-cooked meals does not always have to be expensive. Pasar Organic, a Housebrand of FairPrice, is committed to making organic fresh produce affordable for everyday cooking. If you haven't already heard of it, here's what you need to know!

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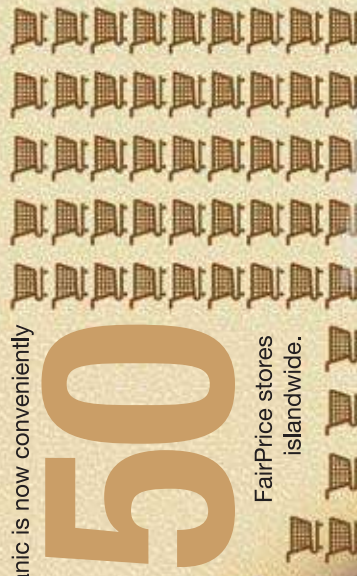
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BEEF BRISKET NOODLES

This classic dish with a collagen-rich stew is a staple for every Cantonese family, says VICTORIA LI, owner of Old Hong Kong Kitchen. She shares her traditional family recipe.

SERVES 4-6

INGREDIENTS

For the spice mix:

- 4 star anise
- 2 tbsp peppercorn
- 2 cinnamon sticks
- 2 tsp dried fennel
- 2 slices Chinese liquorice (*gan cao*)*
- 2 cardamoms (*cao guo*)
- 1 tsp cloves

A 5cm knob of ginger, *crushed*
1.6kg beef brisket, *cut into bite-sized pieces*
1 tsp cooking oil
200g rock sugar
50ml light soya sauce
10ml dark soya sauce
30ml Chinese cooking wine (*hua diao jiu*)
30g *chu hou* paste*
1.75 litres water
4-6 servings egg noodles, *blanched*

*Chinese liquorice is sold at stores selling dried foodstuffs, like Hockhua Tonic stores (including #B1-12/13 Tiong Bahru Plaza, tel: 6274-0430). *Chu hou* paste is essential in beef brisket stews – it's a savoury paste made with fermented soya beans and fermented beancurd. Victoria uses Lee Kum Kee *Chu Hou* Paste, available at Fairprice supermarkets.



DIRECTIONS

1 Place the ingredients for the spice mix into a muslin pouch or a disposable soup pouch (you can buy this at Daiso) and boil it in a pot of water for 15min. Remove the spice pouch and set it aside. Discard the water.
2 In a pot of boiling water with the crushed ginger added, boil the beef brisket for 3min to get rid of scum and odour. Rinse the beef and set aside.

3 Heat the oil in a pot and cook the rock sugar until melted.

4 Add the soya sauces, Chinese cooking wine, *chu hou* paste, and beef brisket and mix well.

5 Add the water and the spice pouch, and bring them to the boil. Cook for 2 hours (or up to 3 hours if you like a thicker gravy).

6 Top each serving of noodles with beef brisket and gravy, and serve hot.

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KIMCHI SEAFOOD PANCAKE

This quintessential Korean comfort food is a delicious, savoury medley of kimchi, spring onions and seafood. **BY CHERYL LEONG**



DIRECTIONS

- 1** Combine the pancake mix and water in a large mixing bowl, and whisk until smooth. Add the kimchi, and mix well.
- 2** Heat the oil in a pan. Pour half the batter in, spreading it evenly across the pan.
- 3** Lay the spring onions in a row across the batter, and top with the prawns and squid. Pour the remaining batter over, and spread evenly.
- 4** Fry over low heat until the middle of the pancake starts to firm up. Flip the pancake, and fry until both sides are golden brown. Serve with kimchi on the side.

SERVES 4

INGREDIENTS

- 400g Korean pancake mix (buchimgaru)*
- 680ml water
- 150g Bibigo kimchi, roughly chopped, plus more to serve on the side
- 2 tbsp vegetable oil
- 5 stalks spring onions, ends removed
- 8 frozen cooked prawns, thawed
- 8 squid rings, thawed

*Available at Korean marts like Koryo Mart (67 Tanjong Pagar Road, tel: 6222-1646) and Shine Korea (#02-218A Marina Square, tel: 6336-0607).

tip

Use your biggest frying pan so that the pancake batter has room to spread and doesn't end up being too thick.



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GLUTEN-FREE ALMOND TART

It's light yet luscious, and so good for afternoon tea.

AGNETTA LEW shares her recipe.



Makes a 9-inch round or
13.5-inch rectangular tart



AGNETTA LEW,
chef-owner of
Jonathan's

INGREDIENTS

For the tart shell:

120g brown rice flour
30g potato starch
25g tapioca starch
1 tbsp sugar
½ tsp xanthan gum
½ tsp salt
85g butter, cut into cubes
1 egg, beaten

For the almond paste:

250g blanched almonds
(whole)

250g icing sugar
1 egg white

125g butter, cut into cubes
50g sugar
2 eggs
80g blueberry jam (or
other preferred flavour)
40g sliced almonds

All ingredients are available at
Phoon Huat stores, including
171 Bencoolen Street.

DIRECTIONS

To make the tart shell

- 1 Sift the flour, potato and tapioca starches, sugar, xanthan gum and salt into a bowl. Using a pastry cutter, cut the butter in until the mixture resembles coarse sand.
- 2 Mix in the egg with a fork. Wrap the dough in cling film and chill for 30min.
- 3 Grease a 9-inch round or 13.5-inch rectangular tart pan and place it on a baking sheet.
- 4 Between two pieces of parchment paper, roll out the dough to a 5-6mm thickness, ensuring that it's 5-6cm larger than the base of the tart pan.
- 5 Fold the dough in half, then in half again. Place the dough in the tart pan and unfold it. Gently press the dough into the pan, and prick the base all over with a fork. Remove any excess dough at the edges of the pan. Chill for 30min.
- 6 Line the tart shell with parchment paper and fill with baking beads* or uncooked rice. Bake for 25min in a 180 deg C oven. Set aside and cool for 15min.

To make the almond paste

- 1 Finely grind the almonds in a food processor on medium speed.
- 2 Add the icing sugar and pulse until well combined. Transfer to a bowl and stir in the egg white with a fork.
- 3 Knead the mixture into a smooth ball. Wrap it with cling film and chill until ready to use.

To make the tart filling

- 1 Cut 225g of the almond paste into cubes.
- 2 Beat the butter in a mixer until smooth. Over low speed, add the almond paste piece by piece. Scrape down the sides of the bowl with a spatula; ensure the mixture is smooth after each addition.
- 3 Sprinkle in the sugar, and add the eggs one at a time, beating well after each one.

To finish

- 1 Spread the jam evenly over the base of the baked tart shell. Spread the tart filling evenly over the jam.
- 2 Sprinkle the sliced almonds over the filling and bake for 35-45min in a 170 deg C oven, until the centre of the filling is firm. Cool and serve.

*Baking beads are weights used to keep pastry in shape as it bakes. Also known as ceramic balls, they are available at www.tottstore.com.

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GET SAUCY

Bottled pasta sauces are handy for a quick meal. The *Simply Her* team had a carb-filled lunch to find the tastiest ones. BY CHERYL LEONG



DIGITAL EXCLUSIVE

Here's a clever way to upcycle your empty pasta jars – grow microgreens in them and create a mini garden. Find out how with our step-by-step guide in the digital edition of *Simply Her*. Go to <http://goo.gl/alabO2> to download it now.

SimplyHer
GREAT
FIND



• **LEGGO'S BOLOGNESE CHUNKY PASTA SAUCE WITH TOMATO, GARLIC & HERBS**
\$4.05 a jar (575g)

Stronger on the herby flavours, but not overpoweringly so, this sauce was deliciously tart and had lovely morsels of onions and tomatoes. Some testers liked that it was thick, but others would have preferred it just a little lighter.

8



• **HUNT'S GARLIC & HERB PASTA SAUCE**
\$5.35 a jar (680g)

This was pretty tangy, which most of us liked. But it also bore a heavy herb taste, which could have been balanced with a stronger tomato flavour.

6.5



• **SAN REMO HOMESTYLE PASTA SAUCE TOMATO, ONION GARLIC**
\$4.94 a jar (500g)

Although the onions added sweetness, it's a pity this wasn't complemented by a richer tomato flavour that would have given the sauce more depth.

6.5

All the pasta sauces are available at major supermarkets.



• **RAGU CHUNKY MAMA'S SPECIAL GARDEN SAUCE**
\$5.25 a jar (680g)

The fresh sweetness of this sauce appealed to those testers who like their pasta light, but not to the others who prefer their sauces to be more robust.

7



• **ALCE NERO ORGANIC TOMATO SAUCE NAPOLETANA**
\$5.50 a jar (350g)

Testers liked its lovely red hue and how its smooth texture coated the pasta evenly and easily. But some did not fancy the distinctive tang of herbs that overpowered the other flavours in the sauce.

6.5

SimplyHer
EDITOR'S
RAVE



• **BARILLA NAPOLETANA**
\$4.95 a jar (400g)

Sweet with a slight tang, the sauce was well balanced, with a thick, robust texture. Chunky bits of vegetables – tomatoes, onions and carrots – added a nice bite to the pasta.

8.5



• **PREGO ROASTED GARLIC & HERB**
\$5.45 a jar (680g)

The pungent, fragrant garlic taste appealed to the garlic lovers among the testers, but it fell short on sweet tomato flavours that would have balanced out the sauce perfectly.

6.5

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Afternoon Indulgence

The *Simply Her* team's round-up of six afternoon high teas, from classic pastries and scones to seafood platters and local delights.

AFTERNOON TEA **POLLEN**

Pollen Terrace, Level 2, Flower Dome, Gardens by the Bay, 18 Marina Gardens Drive, tel: 6604-9988. \$38++ a person. Daily, 3-5pm; closed on Tue.

WHAT IT IS: Tea is served at the second level, inside the Flower Dome. You get a selection of savoury and sweet treats, including: mozzarella bruschetta, parma ham, chicken liver parfait, palmiers, macarons, teacake, a scone served with cream and jam, and free flow of coffee or tea. There's a complimentary buggy service from the Arrival Piazza at Gardens by the Bay, straight to the restaurant.

THE HIGHLIGHTS: The mozzarella bruschetta, with its blend of olive oil, salt and pepper, basil, chopped tomatoes and mozzarella chunks on light, crusty bread, was my favourite. And who can say no to parma ham? Macaron flavours are served on rotation, and my green tea macaron had the right hit of flavour while the chocolate was dark and bittersweet – just the way I like it.



WHY YOU SHOULD GO:

Admission to the Flower Dome is free for Pollen's guests, so get the kids and Hubby to check out the flora while you enjoy an hour of me time first. At a constant 23 to 25 deg C, with 60 to 80 per cent humidity, it's like Europe in spring. Settle in with a good book or simply bliss out before the family reappears.

— *Penelope Chan*



The upper level of Pollen

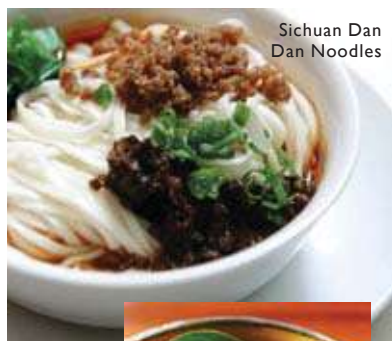
IMPERIAL HIGH TEA TIAN FU TEA ROOM

Three locations, including #60-01
UOB Plaza 1, 80 Raffles Place,
tel: 6535-6006. \$30++ a person.
Daily, 2.30-6pm.

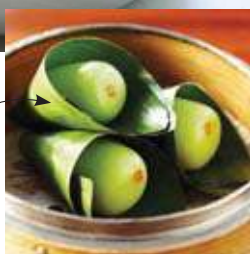
WHAT IT IS: A nine-item dim sum high tea paired with three types of Chinese tea – a light palate-cleanser to start with, a full-bodied one to complement the food, and a red tea to help with digestion at the end. The dim sum changes monthly.

THE HIGHLIGHTS: Our favourites were the Steamed Siew Mai with Baby Abalone (plump, juicy prawns and nary a whiff of “porkiness”), Minced Meat Glutinous Rice Dumplings with Curry Paste, and Steamed Vegetarian Rice Cake. Made in-house, the noodles for the Sichuan Minced Meat Noodle Soup had a pleasant chewiness, and the soup was flavoursome, although a tad oily. The Homemade Fine Bean Curd with Bird’s Nest was soft and silky, while the red dates lent a subtle contrast to the sweetness.

WHY YOU SHOULD GO: Quiet and cosy, it’s perfect for a date with Hubby. The dim sum-and-tea pairing experience is unique, and the pristine freshness of the ingredients is worth your while. – *Cheryl Leong*



Sichuan Dan
Dan Noodles



Minced Meat
Glutinous
Rice Dumpling
Wrapped in
Banana Leaf

The Clifford Pier –
Singapore Heritage
Afternoon Tea



SINGAPORE HERITAGE AFTERNOON TEA

THE CLIFFORD PIER

Level 1, The Fullerton Bay Hotel,
80 Collyer Quay, tel: 6597-5266.
\$45++ for adults, \$22++ for children
aged six to 11. Daily, 3.30-5.30pm.

WHAT IT IS: A three-tier high tea set curated by chef and cookbook author Shermay Lee. There are eight savoury dishes, including Kueh Pie Tee, Chilli Crab Mantou and Nonya Chicken Curry in Roti Jala Wrap; and eight sweets such as Pandan Swiss Roll, Bandung Macaroon, and Tropical Fruit Scone with Pineapple Vanilla Jam. Choose between local beverages like Kopi Kosong, Teh Tarik and Air Bandung, and regular teas and coffees.

THE HIGHLIGHTS: Standout dishes were the Kurobuta Pork Kong Bak Bao – a thick slab of well-marinated pork sandwiched between fluffy buns, and the Chilli Crab Mantou, which was flavourful and mildly spicy. The Bak Kwa Jam Sandwich was generously littered with diced bak kwa. The Pandan Swiss Roll was fragrant with pandan cream, while the Tropical Fruit Scone with Pineapple Vanilla Jam was moist enough to eat on its own. The fruit also lent an additional sweetness.

WHY YOU SHOULD GO: There’s a decent spread of sweet and savoury items – all replenishable – and a lovely ambience with a gorgeous view of the Singapore river. We can’t think of a better way to spend an afternoon. – *Cheryl Leong*

THE GRAND ASTOR HIGH TEA BRASSERIE LES SAVEURS

Level 1, The St Regis Singapore,
29 Tanglin Road, tel: 6506-6860.
Mon-Fri, 3-5pm, \$49++ a person; Sat,
3-5pm, \$53++ a person; Sun, 4-6pm,
\$53++ a person.

WHAT IT IS: A semi-buffet. At the table, you’re served lobster and tarragon cup pie, and a three-tiered silver stand of small bites. The buffet spread has savoury and sweet scones, cheeses, cakes, bread and butter pudding, ice cream, and even a chocolate fountain and a hot station for a la minute waffles and crepes. Pick your tea from a 24-item TWG Tea menu.

THE HIGHLIGHTS: I prefer savouries to sweets, so I appreciated that these weren’t afterthoughts. The lobster and tarragon pie, served piping hot, was a great start. I also loved how the duck foie gras was nestled in a profiterole to cut the richness. The scone selection is exemplary, with combinations like pesto parmesan, pistachio and cranberry, and blackcurrant and lemon.

WHY YOU SHOULD GO: You’ll love the old-world elegance, with its crystal chandeliers and plush parlour chairs. From the moment you step inside the high-ceilinged space, you’re in for some serious pampering, with live piano music to lounge away the afternoon. – *Mia Chenyze*

The Grand Astor
High Tea



**SEAFOOD AND CHAMPAGNE
AFTERNOON TEA**

THE WESTIN SINGAPORE

Lobby Lounge, Level 32, The Westin Singapore, 12 Marina View, Asia Square Tower 2, tel: 6922-6988. \$85++ for two persons, inclusive of two glasses of champagne. Daily, 2.30-5.30pm.

WHAT IT IS: A wonderful array of sweet and savoury delights, plus two glasses of Veuve Clicquot Brut Yellow Label champagne, a whole poached Canadian lobster, and two freshly shucked oysters.

THE HIGHLIGHTS: The lobster – undoubtedly the highlight – was succulent and springy, and the oysters, served on ice, were plump and briny. We particularly enjoyed the lightly battered softshell crabs, which were slathered with creamy avocado salsa. The tuna fried beancurd was another noteworthy dish – think tuna tartare ensconced in fluffy tau pok skin. The dessert platter was Instagram-worthy, with mini eclairs, key lime and mixed berry tartlets, chocolate-coated strawberries, and pralines.



Lobby Lounge

WHY YOU SHOULD GO: At \$85++ for two, the set is a nice way to indulge. And it's worth every cent. We were thoroughly impressed by the freshness of the seafood, and the creativity of the savoury offerings. And oh, did we mention the sweeping views of the bay, thanks to the lounge's floor-to-ceiling windows? Consider us sold. — *Delle Chan*



Seafood and champagne



Anti:dote

**AFTERNOON TEA
ANTI:DOTE**

Level 1, Fairmont Singapore, 80 Bras Basah Road, tel: 6431-5315. \$45++ for adults, \$15++ for children below age 12. Mon-Thu, 3-4pm; Fri-Sun, noon-2pm, 3-5pm.

WHAT IT IS: Anti:dote positions itself as a craft cocktail destination, but it's gaining a reputation as a chic spot for an elegant tea. At the two hour-long indulgence, sip on TWG Teas as you nibble on 15 dainty creations arranged across a leather-clad jewellery chest. You'll also be asked to choose between black truffle scrambled eggs or a mini dim sum platter to start the session. Junior gets to enjoy a more concise selection for \$15++.

THE HIGHLIGHTS: The black truffle scrambled eggs sit precociously in gold-painted shells, and taste as exquisite as they look. We were surprised to be presented with a mini lobster roll in the set, which was full of meaty chunks (though we'd have preferred the bread to be more crusty). We were smitten with the raspberry jam-topped cheesecake tartlet and polished off the scones quickly – they were excellent with Devonshire clotted cream and lemon curd.

WHY YOU SHOULD GO: The girlishly pretty jewellery chest is sure to set your heart (and that of your Instagram followers!) aflutter, and the food is no slouch either. You'll be pleased to know that even when the tables are all accounted for, the lounge is arranged so sparsely that you'll never find it oppressively packed. — *Mia Chenyze*

Simply perfect washing. Perfectly simple drying.

Our new 9kg washing machines and dryers – intuitive controls and perfect results.



Handled with care, from dirty to dry: our new 9kg washing machines and dryers have been developed to the highest of quality standards. Thanks to their exclusive design and cutting-edge technology, they can handle everything from bed linens to silk blouses. Their large display offers a clear overview of all programmes, functions and even power and water consumption. So doing the laundry becomes perfectly simple. And simply perfect. For more information, visit www.bosch-home.com.sg



BOSCH
Invented for life

BE A *Laundry* Diva

It may be the most mundane thing in the world to do, but these know-hows will take your skills up a notch, for fresher and longer-lasting clothes. BY MIA CHENYZE



BEFORE THE WASH

SORT THE COLOURS

Have two laundry baskets beside your washer – one for light-coloured clothes, the other for dark colours. Separating your wash lessens the risk of darker colours bleeding into the lighter ones. And if accidents do happen, just run the same load through a second wash, this time with colour-safe bleach and a regular detergent.

SEPARATE TOWELS FROM CLOTHES

The thicker towelling material can be slightly abrasive on your work clothes, especially delicate pieces.

FADE THEM NOT

Turn clothes inside out before washing to protect the colours and reduce pilling.

NET THE SOCKS

Stop wasting time hunting for lost socks. Place a small laundry net in the laundry basket and get the family to throw their dirty socks into it.

PRE-TREAT STAINS

Treat a stain by rubbing it with tap water (not hot water, which sets the stain) and detergent before putting the item in the washing machine. *Samsung's Activ Dualwash* range of top-loading washers (from \$899, from major electrical stores) has a small built-in basin for you to presoak soiled items. A push of a button activates the water jet, and the basin has ridges if the stains need some good old scrubbin'.



One of Samsung's Activ Dualwash top-loading washers

Wash Master

**The Electrolux UltraMix System™ :
A more thorough wash for your clothes.**



Using a good laundry detergent can be a waste if it does not penetrate deep into your clothes. And that is exactly the problem with ordinary washing machines, which don't always distribute the detergent evenly in each load, leaving you with clothes that are not washed thoroughly.

The Electrolux Front Load Washer with UltraMix System EWF14112, however, promises an efficient wash. It boasts numerous innovations that not only clean and protect the colour of your clothes better than ordinary washers, but do so in less time, saving water and electricity.

IMPROVED DETERGENT DISTRIBUTION

The UltraMix System features a technology that premixes the detergent with water to create an even, concentrated mix before reaching the clothes in the drum. Working in tandem with it is the

Jetspray Wash System, which delivers the premixed detergent solution directly and evenly to clothes, resulting in a faster and deeper penetration of the solution into the fabric for a more thorough wash. This means you'll get a superior wash even in cold water, which preserves the vibrancy of your clothes.

INNOVATIVE FEATURES

The state-of-the-art washing machine is equipped with a Load Sensor™ technology, which detects the weight of your load and determines the optimum amount of detergent needed. The EcoInverter, meanwhile, offers greater energy efficiency and reliability, while ensuring quiet operation. You can even manage the length of the cycle using the Time Manager function based on how dirty your clothes are, while maintaining the quality of the wash.



*When compared with model EWF10842

The Electrolux Front Load Washer with UltraMix System EWF14112 retails for \$2,699 at major electrical stores.

AFTER THE WASH

DRY SWEATERS AND KNITWEAR THE RIGHT WAY

To ensure they don't become misshapen, dry these flat on the laundry rack instead of hanging them.

WHEN IT POURS

During the rainy season, consider switching to a laundry detergent that's designed for indoor drying, such as *Top Anti-bacterial Liquid Laundry Detergent* (\$7.55, from major supermarkets), if you don't own a dryer. It's designed to get rid of 99.9 per cent of harmful bacteria, and will knock out odour-causing ones too.



*Top Anti-bacterial
Liquid Laundry
Detergent*

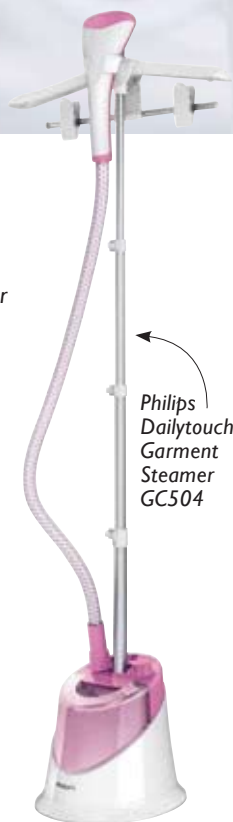


NEATEN THEM QUICK

Ironing work shirts and your kids' school uniforms can be time-consuming. Consider the *Philips Dailytouch Garment Steamer GC504* (at a promotional price of \$149, from major electrical stores), which smooths creases effortlessly. The steamer comes with a handy garment hanger that is height-adjustable, and also gentle enough to use on delicate materials like silk.

HEAT IT UP

Wait for your steam iron to heat up to the right temperature before using it, so the water does not end up condensing on your clothes.



*Philips
Dailytouch
Garment
Steamer
GC504*

*Hitachi Front Load
Big Drum Washing
Machine BD-S5500*



Washer Maintenance

Washing machines do get dirty, so clean out detergent residue and laundry soils with a round of maintenance every six months: Run a short hot-wash cycle with detergent, then put the empty machine through another water cycle.

Alternatively, skip the hassle with *Hitachi Front Load Big Drum Washing Machine BD-S5500* (\$3,599, from major electrical stores), which comes with an Auto Self Clean function. The machine runs clean water inside and outside the stainless steel tub so dirt and detergent never get a chance to build up.

The Smarter Solution To Cleaner, Fresher Clothes

Laundry days can be happy days. Lighten your load with a good laundry detergent like TOP Indoor Drying Concentrated Liquid Laundry Detergent, now available in Super Low Suds – Multi Protect for front-loading washing machines.

A busy lifestyle crammed with deadlines at the office can become even more demanding when you throw chores at home into the mix. It's not enough to just make a list; it's more important to know how and where to get help. If laundry is one of those dreary tasks you find time-consuming and tiring, remember to choose the right detergent. In addition to caring for your clothes, it should clean effectively and allow garments to dry efficiently.



MAIN PHOTO INMAGINE

TOP Indoor Drying Laundry Detergent is the No. 1 Total Laundry Detergent Brand in Singapore*. It is formulated to remove stubborn stains and nasty odours easily so you no longer need to soak your garments overnight. Developed with Lion's Japan Advanced Technology, TOP ensures that your laundry smells great whether rain or shine. Its special cleaning agents mean dirt and odour-causing bacteria are effectively removed from fabrics during washing, leaving laundry clean and fresh-smelling even when dried indoors.

Washing your clothes with TOP also allows you to enjoy total peace of mind. Tested by the Japan Institute of Tokyo Environmental Allergy (ITEA), it eradicates up to 99 per cent of mite dust and bacteria, contributing to a clean and healthy environment.

TOP Indoor Drying Concentrated Liquid Laundry Detergent Super Low Suds – Multi Protect offers a low-suds cleaning efficacy. It does not produce excessive foam, so it is gentle on the machine drum and helps keep your front-loading washing machine in good condition.



TOP Indoor Drying Concentrated Liquid Detergent Super Low Suds – Multi Protect is available at leading supermarkets and retail outlets for \$4.35 (1.6kg refill pack) and \$8.95 (2.8kg bottle).

*Based on Nielsen Retail Audit Data as at MAT June, 2015.

The Dark Night

Bring the light into your home with these stylish lamps for every purpose. BY SMITA WEE



1 Cesta Table Lamp by Santa & Cole

\$1,325, from *Grafunkt*
Looking effortlessly elegant and magical, this cherry wood lantern encases a light globe that instantly adds to a room's ambience. It's suitable both as a desk and floor lamp.

2 Carmina Lamp with Tripod Stand by Vita

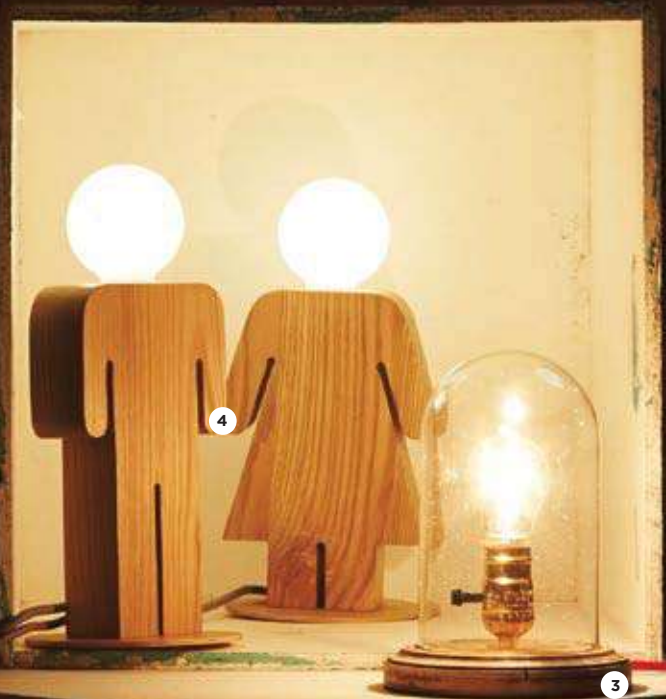
\$219, from *Naiise*
Add a Scandinavian touch with this crisp white lampshade designed to provide a soft light – there's no glare from the bulb. It looks equally at home hung from the ceiling.

3 Table Lamp/Dome

\$89, from *Haus of Egg3*
No fancy designs here. This desk lamp shows that less can be more.

4 The Gentleman Lamp and The Lady Lamp

\$140 each, from *Fred Lives Here*
Lift the mood of any space with this bright couple. The lamps add a touch of fun as quirky decorations.





STEAM DREAM

Turn ironing from a hassle into a pleasure with a high-performing helper, like the Philips PerfectCare Aqua GC8650. Powerful, safe and energy-efficient, this steam generator works on an amazing myriad of fabrics.

IT IRONS FASTER, EASIER – AND QUIETER

Created with a silent steam technology, the Philips PerfectCare Aqua GC8650 is equipped with a steam generator with silencing steam filters that help minimise the noise created when steaming. A sound-absorbing platform also ensures that noise from the pump in the iron's base is greatly reduced. Catching up with the kids while ironing Hubby's business shirts is now so much more relaxing!

IT IRONS BUT DOESN'T BURN FABRICS

Ground-breaking and a godsend for those who accumulate their laundry for the

weekend, the Philips PerfectCare Aqua GC8650 allows you to iron fabrics ranging from denim to silk – without having to adjust temperature settings. Thanks to an OptimalTEMP technology, you can leave the hot iron soleplate directly on garments without worrying about burning them.

IT IRONS USING LESS ENERGY

Simply switch the iron to ECO mode to decrease the amount of steam, and you can save energy and contribute to environmental sustainability.



Philips PerfectCare Aqua GC8650 is available for \$599 (UP: \$699) at major electrical and department stores.

TOP Shops

From the coolest toys to kids' clothes, **DELLE CHAN** rounds up the best new stores that have opened recently.



ON HER:

• Zoo party digital playsuit, \$45.95, cat print satchel, \$34.95, fisherman jelly sandals, \$29.95, and sequin ears tiara, \$16.95, all from Seed Heritage

WE ALSO LOVE

- Annabel Kern musical toadstool, \$80, Crocodile Creek Playball in Flowers Purple, \$28, Make Room yellow pouf, \$139, Sidney, Stella, and the Moon by Emma Yarlett, \$32.95, all from Cuckoo
- Macaroon bear, \$49.90, from Hamleys

Where to shop

→ ALL-IN-ONE STORE

Seed Heritage

#02-K3 Parkway Parade, tel: 6348-9103, www.seedheritage.com

The Australian fashion label, which has clothes and accessories for babies all the way to teenagers, is stylish and functional – think swing tank tops, classic tees and jelly sandals. We love the Seed Party Collection – floaty party dresses in polka dots and dreamy tulle, glittery ballet flats, patterned leggings and more, for girls aged one to 10.

→ JUST FOR BOYS

Pudu

#02-17 Orchard Gateway, tel: 6702-4567, www.pudu.com.sg

Another Australian label, Pudu offers a gorgeous collection of linen and cotton apparel for men, and boys aged three to 12. The light and breezy button-down shirts, cargo pants, chinos, trousers and shorts – in bright and summery colours – are perfect for our weather.

→ FOR KIDS' ROOMS

Cuckoo

Block 6B Dempsey Road, tel: 9111-3598, www.cuckoo.com.sg

The lifestyle store showcases an eclectic range of vintage-inspired furniture and decor curated with little ones in mind. Besides Cuckoo's own range of rattan furnishings, you'll like the comfy cushions from Numero 74, organic handcrafted rugs from Armadillo & Co, delicate bedding from Garbo & Friends, and whimsical shelves from Lecons de Choses.

→ THE COOLEST TOYS

Hamleys

#01-67 and #03-65/69 Plaza Singapura, tel: 6238-0869, www.hamleys.com

The beloved British toy store stocks more than 10,000 toys, such as tea sets, puzzles, arts and crafts materials, and its iconic teddy bears and toy soldiers. What kids will love: Staff are always on hand to conduct expert toy demonstrations.

DIGITAL EXCLUSIVE! View more products we love from each new boutique in our digital edition. Download your copy now at <http://goo.gl/a1ab02>.

ON HIM:

- Barbados Junior cotton long-sleeved shirt, \$49, and Jamaica linen shorts, \$49, both from Pudu

WE ALSO LOVE

- Orion orang utan, \$60.90, from Hamleys



WE ALSO LOVE

Hand gliders, \$22.90 (a set of two), from Hamleys

ON HER:

- Anchor playsuit, \$45.95, and fisherman jelly sandals, \$29.95, both from Seed Heritage

ON HIM:

- Bear camp yardage short-sleeved tee, \$34.95, and double-buckle sandals, \$57.95, both from Seed Heritage
- Jamaica linen shorts, \$49, from Pudu

Samsung Special

THE SOLUTION TO YOUR LAUNDRY NEEDS

For those with so much to do in so little time, laundry can become annoyingly dreary. Samsung's wonder washers are here to help.



Samsung Activ
dualwash™
Top Load
Washer

DOING LAUNDRY CAN BE LESS TEDIOUS AND TIRING

The Samsung Activ dualwash™ Top Load Washer is designed to make doing laundry easier and faster. A built-in sink with a water-jet system is convenient for hand-washing delicates and pre-treating seriously soiled garments. All you have to do is place items in the built-in sink, press a button to turn on the water jet, scrub against the ribbed sides, then lift the sink and slide laundry into the machine. A Magic Dispenser™ also dissolves and disperses detergent evenly before the washing cycle begins, ensuring a more thorough cleanse. And since nobody fancies an entire afternoon of ironing, you'll be pleased to learn that a Wobble™ Technology offers a powerful multidirectional wash that staves off tangles and creases yet remains gentle on fabrics.



Samsung
Ecobubble™
Front Load
Washer

LAUNDRY CAN BE EFFECTIVELY AND EFFICIENTLY DONE

The Samsung Ecobubble™ Front Load Washer offers the company's innovative Ecobubble™ technology which delivers an outstanding washing performance yet is gentle on your clothes.

Air is generated and works with the detergent and water to create frothy cleansing bubbles. These bubbles penetrate fabrics 40 times faster than standard washing methods, resulting in a more effective wash. By making cool washes as effective as warm washes, Ecobubble™ technology not only helps cut energy consumption but also minimises fabric damage that could arise from a warm wash. Even on days when a warm wash is a must, know that this machine offers a heater with double ceramic coating to inhibit build-up of hard water for optimum washing.



Samsung
Ecobubble™
Crystal Blue
Front Load
Washer-Dryer



LAUNDRY CAN DRY EVEN IN RAINY WEATHER

The Samsung Ecobubble™ Crystal Blue Front Load Washer-Dryer is equipped with state-of-the-art Ecobubble™ technology to cool-wash your clothes as effectively as a warm wash, resulting in greater energy savings. A Bubble Soak technology loosens and removes stubborn stains while the Speed Spray function gets a 5kg load done in just 59 minutes. Arguably the most impressive feature here is the Air Wash – it deodorises and sanitises your clothes so they always smell fresh. By using only heated air to remove unpleasant odours and bacteria, this is excellent for cleaning softer items like plush toys and cushions. A Dryer promises that you will have clean clothes even on rainy days. Powering this machine is a Digital Inverter Motor, which delivers superior energy efficiency, minimal noise and long-lasting performance.

Samsung Washers & Washer-Dryers with digital inverter technology are backed by an 11-year warranty on the motor. Available at major electrical stores.

5 AWESOME DE-STRESSING ACTIVITIES

A study break can help your child recharge and refocus. SASHA GONZALES recommends these things to do for a little pre-exam R&R.



1

WATCH A PLAY

WHAT: Based on the award-winning picture book by Julia Donaldson and Lydia Monks, *What the Ladybird Heard* is a colourful farmyard adventure about two crafty robbers, a woolly sheep, a hairy hog, a fat red hen, a dainty dog, one tiny ladybird, and a plan to steal the farmer's prized cow. Ideal for kids aged three to 10 years old, the performance features live music, puppetry, plenty of audience participation and lots of laughs.

THE DETAILS: Tickets start from \$42. Oct 9-11, at SOTA Drama Theatre, 1 Zubir Said Drive. The running time is 55 minutes with no interval. For more information, visit www.aba-productions.com.

2

ART JAMMING

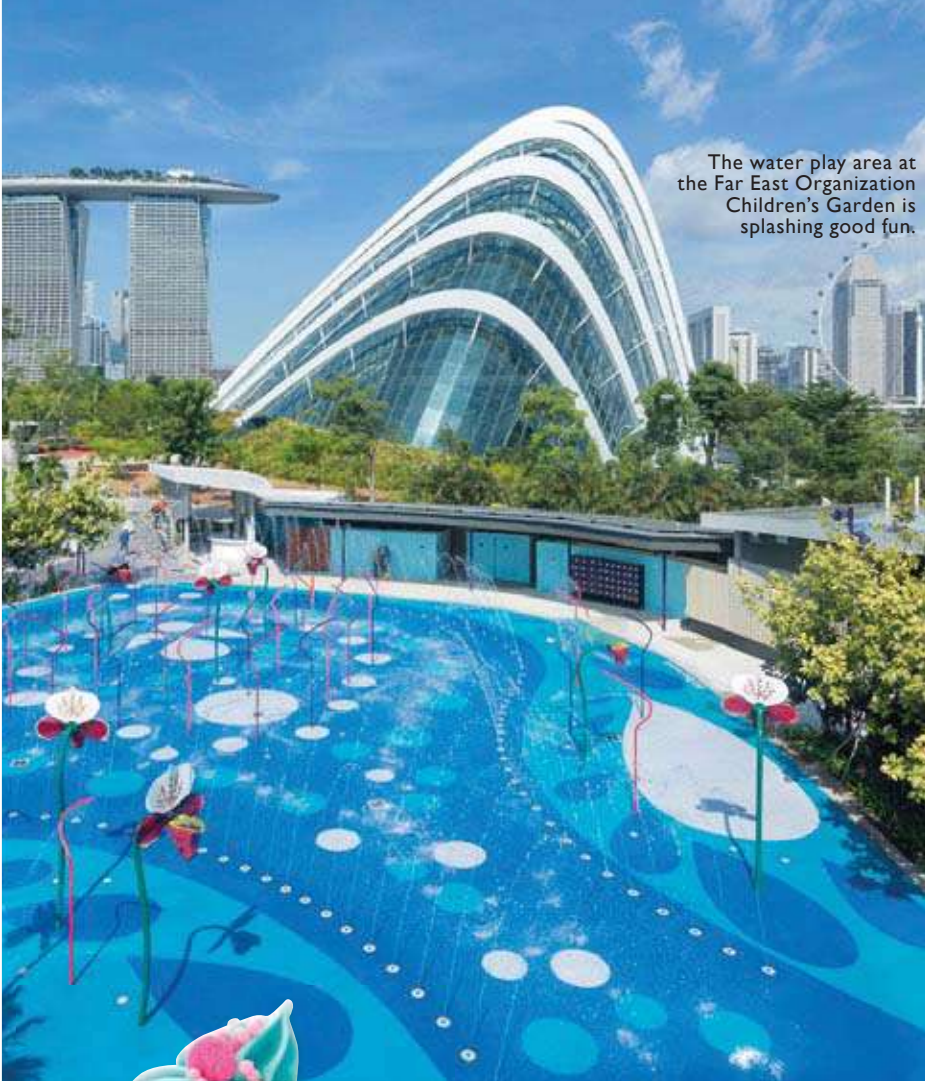
WHAT: Even if your child isn't artistic by nature, the Kids' Art Jamming session at Arthaus, designed for children and teens aged five to 15 years, will let him discover, explore and express his creativity freely. The two-hour guided workshop offers a choice of acrylic painting, watercolour painting or sketching.

THE DETAILS: \$60 a child, inclusive of art materials. Sessions at Arthaus Bukit Timah: Tuesday, 4-6pm; Wednesday and Friday, 3-5pm; Wednesday, 5.15-7.15pm; Saturday and Sunday, 10am-12pm; Saturday, 3.15-5.15pm. Sessions at the Upper Paya Lebar branch: Saturday, 10am-12pm; Sunday, 1-3pm. Go to www.arthaus.com.sg for more information.



Photo of Cupcake 123RF.com





The water play area at the Far East Organization Children's Garden is splashing good fun.



The rainforest tree house and slide (left) and spider net (below) at Far East Organization Children's Garden are great for active kids.



4

PLAY AWAY

WHAT: Let your kids work off their study stress outdoors. The Far East Organization Children's Garden at Gardens by the Bay (www.gardensbythebay.com.sg) has separate play areas for children aged one to five years and older kids up to 12. After your kids are done climbing and exploring the 75m-tall tree house and other structures, they can cool down in the water play area.

With its newly minted status as a Unesco World Heritage Site, it's time to re-explore the Singapore Botanic Gardens. Start by giving the kids play time at the Jacob Ballas Children's Garden (www.nparks.gov.sg), which features tree houses, suspension bridges, mazes and caves, as well as a Sensory Garden that connects kids with nature by engaging their sense of smell and touch. Then, take a walk through the trails and enjoy the greenery.

THE DETAILS: Admission is free for both.



3

BAKE A YUMMY TREAT



WHAT: Safra runs monthly baking workshops for kids, where they'll make a delicious treat then decorate it. Each session is 1.5 hours long and is suitable for kids aged three to 12. In October, kids will learn how to bake pumpkin raisin muffins.

THE DETAILS: \$26 for Safra members, \$32 for guests. Oct 10, 10-11.30am, at Safra Jurong; Oct 11, 4-5.30pm, at Safra Toa Payoh. Visit www.safra.sg for more information.

5

FARM ANIMAL FUN

WHAT: Spend a morning at Farmart Centre, which has a large animal corner where your animal-loving children can get up close with mountain goats, bullfrogs, tortoises, rabbits, birds, fish, guinea pigs and hamsters. They can also feed their animal friends (you'll need to buy animal feed from the farm keeper). While the kids amuse themselves, you and Hubby can relax by the koi pond or have a coffee at one of the centre's four dining outlets.

THE DETAILS: Farmart Centre is at 67 Sungei Tengah Road. Admission is free. Visit www.farmart.com.sg for more information.



AIGNER #01-23 Paragon (6738-4039)

ATKINSONS Robinsons The Heeren (6235-1464)

BAO BAO ISSEY MIYAKE #01-28/29

Forum The Shopping Mall (6304-3573)

BCBG MAX AZRIA #B1-28 Ion Orchard (6238-0958)

BERSHKA #B2-09/10/11 Ion Orchard

(6509-8708)

BIMBA Y LOLA #B1-04 Ion Orchard

(6509-3305)

CARVEN #03-12 Ion Orchard (6304-1373)

CHANEL COSMETICS Takashimaya D.S. (6735-1339)

CHARLES & KEITH #B3-58 Ion Orchard (6238-1840)

CLIO Selected Watsons stores

COSME DECORTE Takashimaya D.S. (6836-9159)

DIOR PARFUMS Tangs at Tang Plaza

(6738-6618)

ELIZABETH ARDEN Robinsons Raffles City (6336-1554)

FERRARI FRAGRANCES Sephora

FOREVER 21 #B1-01 Orchard Xchange (6887-3603)

FRED LIVES HERE #02-14 Orchard Central (6634-3733)

GRAFUNKT #02-34/35/36 Millenia Walk (6336-6046)

H&M Orchard Building, 1 Grange Road (6235-1459)

HAUS OF EGG3 164 East Coast Road (6348-6564)

IBLUES Level 2 Isetan Scotts (6834-9126)

ISETAN SCOTT'S SUPERMARKET

Basement Level, Shaw House (6733-1111)

ISSEY MIYAKE #02-07/10 Hilton Shopping Gallery (6304-1352)

JIMMY CHOO #01-42A/43/44 Paragon (6235-3233)

KAH MOTOR 255 Alexandra Road (6840-6888)

KATE SPADE #03-27 Ion Orchard (6636-9109)

KIKKI.K #B2-53 Ion Orchard (6509-3107)

KOSE Isetan Scotts (6735-0556)

LA MER Tangs at Tang Plaza (6733-7269)

LANCÔME Robinsons Raffles City (6339-7731)

LANEIGE Takashimaya D.S. (6733-3442)

LAURA MERCIER Tangs at Tang Plaza (6733-8130)

LAUREN JASMINE + ECLECTICISM

#B1-06 Wheelock Place (6735-0543)

LONGCHAMP #03-15A Ion Orchard (6509-8139)

LUNASOL Metro Paragon (6732-2076)

M.A.C Tangs at Tang Plaza (6235-7718)

MAISON MARTIN MARGIELA

PARFUMS Metro Paragon (6734-0488)

MANIFESTO #02-19 Capitol Piazza Mall (6346-5050)

MARC JACOBS FRAGRANCES Tangs at Tang Plaza (6733-4923)

MARELLA Level 2 Isetan Scotts (6738-8433)

MCM L1-12, Hotel Lobby, The Shoppes at Marina Bay Sands (6688-7541)

MEIDI-YA #B1-50 Liang Court (6339-1111)

MICHAEL KORS #01-16/17 Scotts Square (6723-8068)

MISS SELFRIIDGE #01-25/26/27 Wisma Atria (6732-1430)

MULBERRY #01-19/#02-09 Mandarin Gallery (6304-1384)

NAIISE #02-23 Clarke Quay Central (6702-3248)

NARS Tangs at Tang Plaza (6235-0967)

NEW LOOK #B2-34-37 313@somersset (6884-5712)

NIVEA Supermarkets, and Guardian and Watsons stores

OCCASIONAL GLIMPSES OF BEAUTY #02-05 Orchard Gateway (6702-2052)

ON PEDDER #02-12P/Q Ngee Ann City (6835-1307)

PEDRO #01-03 Plaza Singapura (6338-0536) & #B3-10 Ion Orchard (6238-2067)

RED DOT DESIGN MUSEUM SHOP

Ground Floor, Red Dot Traffic Building, 28 Maxwell Road (6225-5950)

RMK Takashimaya D.S. (6238-8043)

SEPHORA #01-05/06 Ion Orchard

(6509-8255); #01-42 Jem (6694-5528);

#01-59/60 Great World City (6738-9559)

SHISEIDO Tangs at Tang Plaza (6733-2589)

SHU UEMURA #B2-40/41 Ion Orchard (6509-8931)

SK-II Takashimaya D.S. (6734-3234)

STILA Sephora

SWAROVSKI #B1-17/18 Ion Orchard (6509-9293)

TAN CHONG MOTOR SALES

911 Bukit Timah Road (6466-7711)

TANGS AT TANG PLAZA

310 Orchard Road (6737-5500)

TOPSHOP #B2-01 Ion Orchard

(6509-8602)

TOTT #01-01A Sime Darby Centre, 896 Dunearn Road (6219-7077)

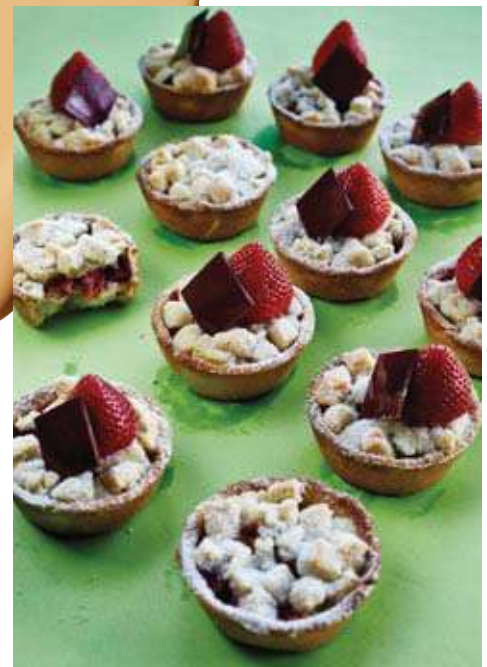
URBAN DECAY Sephora

YVES SAINT LAURENT BEAUTE

#B2-34 Ion Orchard (6509-7423)

ZA Watsons stores

ZARA #B2-03/#B3-05 Ion Orchard (6509-8840)



TUNE IN & WIN!

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WEEKLY GIVEAWAY

24 AUG - 30 OCT

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RADIO**

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UFM100.3**

**CATCH "TUNE IN &
PROMO ON-AIR & S
(UFM RADIO), (NAME/
(NRIC) TO 9717-10**



Wen Hong, Li Mei & Xiao Zhu
Weekdays from 6-10am

ALL SMSes RECEIVED ON A WEEKLY BASIS WILL ENTER THE WEEKLY DRAW OF \$1,003 CASH!
WINNERS WILL BE ANNOUNCED ON FRIDAY MORNINGS BETWEEN 6-10AM.



UFM1003

COOKING MASTERCLASS

MIA CHENYZE susses out the most handy tips from a recent *Simply Her* cooking workshop with chef Eric Low.

THE EVENT

At the *Simply Her* Home Chef Cooking Workshop in July, held at Tott, chef Eric Low demonstrated three recipes: Homemade Noodles with Fresh Prawns and Miso-ginger Dressing, Jus of Fresh Summer Tomatoes with Wasabi Avocado Crabmeat Tian, and Slow-baked Salmon with Sun-dried Tomato Pesto and Roasted Pumpkin. He used the Philips Avance Collection Noodle Maker, Philips Viva Collection Slow Juicer and Philips Avance Collection Digital XL Airfryer, and ingredients from online grocer www.groxxers.com.

MAKING NOODLES

→ **Go easy when adding liquid.** When using a noodle maker, add the flour first, before slowly pouring in the egg-and-water mixture. This prevents the liquid from flowing out of the appliance's extrusion holes.

→ **Use a large, wide pot.** This gives you space to swirl the noodles around when cooking. Add a dash of oil to the water so the noodles don't clump together.

→ **Add natural flavour and colour.** Jazz up homemade pasta by substituting water in the recipe with the same amount of tomato or spinach juice.

→ **Go from freezer to pot.** You can make noodles in large batches and freeze them. When you're ready to cook, pop the noodles straight into boiling water – thawing them beforehand turns them soggy.



Chef Eric Low demonstrates how to use the Philips Viva Collection Slow Juicer.

WORKING WITH FRUITS

→ **Ripen avocados at room temperature.** If you've bought green, hard avocados, leave them on the countertop for two to three days. When their skin turns dark brown, the avocados are ready to eat.

→ **Lemon juice reduces browning.** Want your avocados to look bright and green until you're ready to serve? Squeeze lemon juice over them to slow down oxidation.

→ **Juice tomatoes last.** When using tomato juice in a dish, work on them last to retain more nutrients and enzymes in the juice.

→ **Keep the tomato pulp.** After juicing tomatoes, use the pulp to make tomato sauce, or cook it down to make tomato jam to go with a cheese platter.



Homemade Noodles with Fresh Prawns and Miso-ginger Dressing



Slow-baked Salmon with Sun-dried Tomato Pesto and Roasted Pumpkin

CONDIMENTS

→ **Be cautious with the wasabi.** When making wasabi mayonnaise, don't add wasabi powder straight into the mayonnaise. Stir the powder into a little bit of condensed milk first, until it's smooth, so you don't end up with clumps of fiery wasabi.

→ **Choosing miso.** Overwhelmed by the various types of miso on the shelves? Just keep in mind that darker miso paste has more complex flavours due to a longer fermentation process. **SH**



Philips Avance Collection Noodle Maker



Jus of Fresh Summer Tomatoes with Wasabi Avocado Crabmeat Tian

WIN!

10 DERMAGOLD BEAUTY PACKAGES, EACH WORTH \$367!

WHAT'S INCLUDED:

- A Dermagold Miracle C+ worth \$69
- A Dermagold Secret Lift Serum worth \$99
- A Hadara Lift & Glow Facial worth \$199



Dermagold is a cosmeceutical line with high-performance active ingredients, offering skincare solutions that work synergistically to produce optimal and effective results on your skin.

Its products are multifunctional, and can be combined to produce the desired results. They are extremely light and do not clog pores, making them suitable for our climate. They're also highly effective, easy to use, and lovely to the senses – embodying the brand philosophy “science, beauty, senses” adopted by Singaporean co-founders Grace Ling and Lim Luping.

Dermagold Miracle C+ is a high-performance 18% Vitamin C Ester serum fortified with hyaluronic acid that has antioxidant, anti-ageing, anti-pigment and anti-inflammatory properties. Dermagold Secret Lift Serum is a peptide cocktail with anti-ageing, anti-wrinkle and skin-lifting properties.

The Hadara Lift & Glow Facial (60min) is said to tighten skin and stimulate collagen production. It fights ageing and will leave you feeling pampered.

For more information, visit www.dermagold.sg.

Code: SHER1004

HOW TO ENTER

Step 1: Go to www.simplyher.com.sg.

Step 2: Click on the “Promotions” tab and select this promotion.

Step 3: Fill in your particulars and key in the promo code.

Step 4: Click to submit.

Promotion ends Oct 31, 2015.



BEAUTY SPOT

Spa Wellness' Spa Infinity outlet at Suntec City offers total relaxation in its 29 treatment rooms. Indulge in full-body massages, facials for acne or anti-ageing, slimming services, such as cellulite reduction, firming and toning, and Traditional Chinese Medicine-inspired therapies. You can also enjoy the Micronized Ion Jacuzzi, Infrared Sauna, Crystal Cool Shower and Relaxation Lounge.
#02-486 Suntec City, Tower 2

A BETTER DRYER

The new Electrolux EDH3786GDW dryer (\$1,999) helps you save 40 to 60 per cent more energy compared with other dryers. The secret is in its heat-pump technology, which heats air in a closed circuit system, passes it over clothes, and recycles the hot air to use in drying the laundry. The air leaving the drum is cooled to condense the moisture extracted from clothes; you can use the water for other household purposes. A heat-pump dryer also generates less heat externally, and is gentler on your laundry.
Available in Oct/Nov at authorised Electrolux stores.



A Natural Clean

Get rid of impurities and pore-clogging dead skin cells with 1028 Visual Therapy Pre-care Water-gel Exfoliator (\$39.90) by Beautylicious. Made from pure water, organic papaya enzymes, and extracts of apple, licorice, organic camomile and sweet almond oil, the lightweight exfoliator cleans and renews skin, and is free from fragrance, alcohol, parabens and colouring.
Available through the 1028SG app, from the App Store and Google Play.



GET YOUR KICKS

You'll find shoes for the whole family at the new Skechers store at Ngee Ann City, the footwear brand's 18th outlet, and its largest flagship store. The 1,700 sq ft space houses an extensive range of styles for men, women and children in dedicated areas – kids will love the decor that includes glass-etched Skechers cartoon characters and multicoloured LED technology.
#B2-04 Ngee Ann City



SAY CHEERS!

Choya Classic Umeshu (from \$38) is a delicious ume plum liqueur from Japan. The smooth liqueur is a beautiful balance of sweet and tart from the ripe, juicy flesh of the fruit, with a slight hint of almond from the pit. Enjoy it over ice in a cold glass, mixed with hot water as a warm beverage, or as a cocktail.
Available at supermarkets and hypermarkets.

STEALS & DEALS

WIN
a class package
at Platinum Yoga
worth \$140



PLATINUM YOGA

Whether you're new to yoga or an advanced enthusiast, there's a variety and depth of classes at Platinum Yoga, from the traditional (Hatha and Ashtanga) to modern (Hot Shape and PY Aerial Yoga) and even pilates. The centre's India-certified teachers offer over 150 classes at their Marine Parade and Suntec City studios. You'll soon be on your way to a better body, and having improved flexibility and overall well-being.

Ten readers stand to win a package of four classes at Platinum Yoga worth \$140. Sign up for a membership before 31 Oct, 2015 to get 50 per cent off the admin fee (UP: \$48). Promotion valid until Oct 31, 2015.

CODE: SHERI001

WIN
a Triple Dry set
worth \$51.70



TRIPLE DRY

No one likes sweaty, smelly underarms. Triple Dry's antiperspirants have advanced antibacterial formulations to control sweating and keep odour-causing bacteria at bay. They're also shower-proof, lasting two to four days depending on your skin cell regeneration rate, to keep you protected.

Ten lucky readers stand a chance to win a Triple Dry Set worth \$51.70. The set includes a Fresh Roll-on (50ml), Unfragranced Spray (150ml), and Active Spray (150ml). Promotion valid until Oct 31, 2015.

CODE: SHERI002

BAGGALLINI

American bag brand Baggallini recognises that women need a stylish way to stay organised while on the go. Its bags are thoughtfully designed for travel and everyday use. Every bag is made from lightweight, durable, water-resistant materials, and has useful compartments. It's the perfect companion.

Present this page to enjoy a 30 per cent discount on all regular-priced Baggallini bags. Available exclusively at Isetan Serangoon (Nex) and www.blu-ribbon.com (enter promo code BAGG30 at checkout). Promotion valid until Oct 31, 2015.



ENJOY
30% OFF
all regular-priced
Baggallini bags

WIN
a Miacare set
worth \$40



MIACARE

The Miacare Acne Patch is made from medical-grade hydrocolloid dressing used to help wounds heal. At 0.015cm, this ultra-thin patch is almost invisible when applied, allowing your acne to be concealed at the same time. It adheres like a second skin to hide the zit thoroughly, and acts as a barrier against bacterial contamination.

Thirteen readers stand to win a Miacare set worth \$40. Each set includes an Acne Defense Spot Essence (10ml), Acne Defense Concealer Stick, Acne Patch for Day, Acne Patch for Day & Night, and an Acne Patch for Night. Promotion valid until Oct 31, 2015.

CODE: SHERI003

HOW TO WIN

Step 1: Go to www.simplyher.com.sg. **Step 2:** Click on "Promotions" in the menu bar and choose the promotion you want. **Step 3:** Fill in your particulars and key in the promo code. **Step 4:** Click to submit.

**Star of
the Month**

**Kim
Kardashian**
Born: Oct 21, 1980

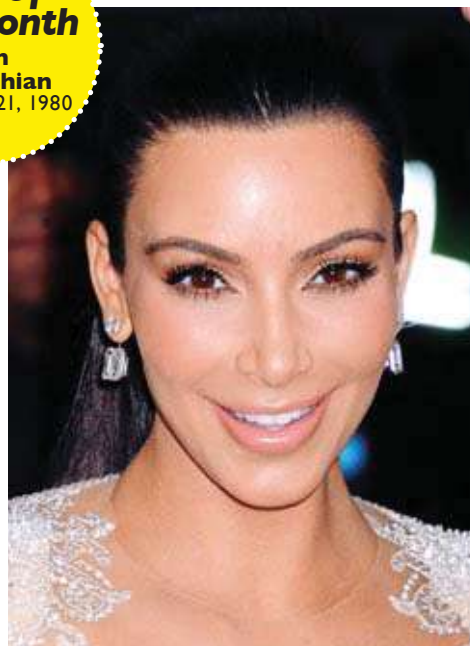
LIBRA

(SEPT 23 – OCT 22)

You're well supported from the 8th, so carry out plans that were put on hold. At work, regular meetings with your team will improve understanding. Money-wise, it's a good time to even out any financial imbalances. In your relationships, if emotions get intense, mind your words or you may regret them later.

Dates to note: Oct 1, 5, 10, 25

Your best dates: Oct 8, 9, 13, 23, 30



Other Libra celebrities:

Catherine Zeta-Jones
(Sept 25, 1969)
Gwen Stefani
(Oct 3, 1969)
Avril Lavigne
(Sept 27, 1984)
Rebecca Lim
(Sept 26, 1986)

CAPRICORN
(Dec 22 – Jan 19)

You'll need to win people over, so be extra flexible, especially at work. From the 10th to 16th, invest cautiously and beware of scams. You may be overemotional – being active and social can keep you balanced.

Dates to note:

Oct 4, 8, 10, 16, 22

Your best dates:

Oct 1, 7, 12, 15, 23, 30

AQUARIUS
(Jan 20 – Feb 18)

There may be financial gains this month. Business-wise, know who has your interests at heart. It's a sensitive time for relationships – look deeply into how you feel about a loved one.

Dates to note:

Oct 5, 17, 22, 28

Your best dates:

Oct 3, 7, 8, 12, 15, 30

PISCES
(Feb 19 – March 20)

Remain firm but lighthearted in your communication. You'll meet demanding people at work – tread gently to bring out their best. Personal relationships are enhanced. Money energy is stable.

Dates to note:

Oct 5, 10, 17, 22, 25

Your best dates:

Oct 3, 8, 11, 15, 23

ARIES
(March 21 – April 19)

This is the month to make changes and to shine. Money energy is optimistic, especially if you put in extra time and effort. Relationships with loved ones will be joyful and warm. A short break is indicated.

Dates to note:

Oct 5, 10, 12, 15, 31

Your best dates:

Oct 7, 17, 23, 25, 27

TAURUS
(April 20 – May 20)

It's time to review your dreams and goals. It's also one of the best times in the year to form partnerships. You may feel let down by people – just relax and focus on the productive areas of your life.

Dates to note:

Oct 5, 17, 18, 25, 26

Your best dates:

Oct 3, 7, 8, 15, 27

GEMINI
(May 21 – June 20)

There will be moments where you feel supercharged with energy. Watch your temper, especially with co-workers you don't agree with. Money-wise, you're going through a lucky phase.

Dates to note:

Oct 5, 9, 17, 19, 25

Your best dates:

Oct 8, 15, 23, 27, 30

CANCER
(June 21 – July 23)

This is a tricky month, emotionally – laugh more. It's a tough month for business so be patient. At home, have that family discussion you've been putting off. Stay away from unfamiliar investments.

Dates to note:

Oct 6, 8, 10, 16, 22

Your best dates:

Oct 9, 15, 23, 30, 31

LEO
(July 24 – Aug 22)

You'll have an eventful month. At work, you may need to mediate a disagreement – be gentle to reach a peaceful outcome. Money-wise, check your accounts carefully. Make time to recharge.

Dates to note:

Oct 10, 11, 17, 22

Your best dates:

Oct 7, 13, 23, 30, 31

VIRGO
(Aug 23 – Sept 22)

Your hard work pays off and you'll be recognised for it. You may be suspicious and sensitive this month; embrace new ideas and be adventurous. Get some quality me time.

Dates to note:

Oct 8, 11, 16, 21, 29

Your best dates:

Oct 6, 10, 22, 25, 31

SCORPIO
(Oct 23 – Nov 21)

You're likely to be deep in thought this month. It's important to tie up loose ends, especially around the 10th. Don't neglect business networking activities. Unexpected expenses are indicated.

Dates to note:

Oct 6, 10, 15, 23, 31

Your best dates:

Oct 7, 11, 14, 16, 30

SAGITTARIUS
(Nov 22 – Dec 21)

You're full of energy! At work, go ahead and prove your worth but don't overextend yourself. It's a superb time, money-wise – a raise is possible. Don't forget to have fun, too.

Dates to note:

Oct 6, 10, 17, 26

Your best dates:

Oct 9, 11, 15, 23, 27



Clarice Chan adds the wisdom of fengshui to enhance the predictions for each zodiac sign. Visit www.claricegvchan.com or e-mail her at enquiries@claricegvchan.com.

DATES TO NOTE: These are significant days that could be positive or negative. YOUR BEST DATES: Things are likely to go well for you on these days.

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SPHmagazines

ONE LAST *Bite*

Matcha Lava Cake

This rich but not-too-sinful treat is literally oozing with goodness.

MAKE IT!

Makes 10-15 lava cakes

- 1** Sift 340g plain flour, 300g sugar and 30g matcha powder* into a large mixing bowl. Add 200g softened butter, and cream until the mixture is smooth.
- 2** Into the same bowl, break 15 eggs, one at a time, mixing well before the next egg.
- 3** Melt 700g white chocolate in a stainless steel bowl over a pot of simmering water.
- 4** Add the melted white chocolate to the batter and mix well. Portion into a muffin tin.
- 5** Bake for 9-10min in an oven preheated to 210 deg C.

*Available at the Japanese section of major supermarkets.

Recipe courtesy of Sync Korean Fusion Bistro

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*L.bulgaricus and S.thermophilus



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